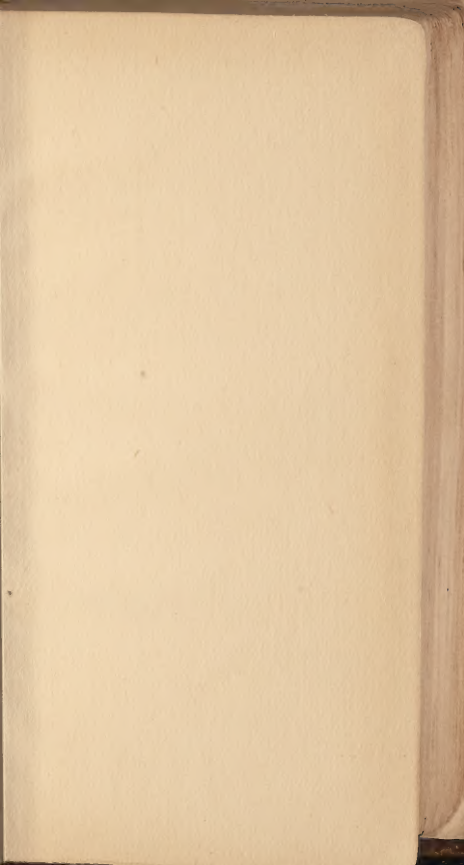
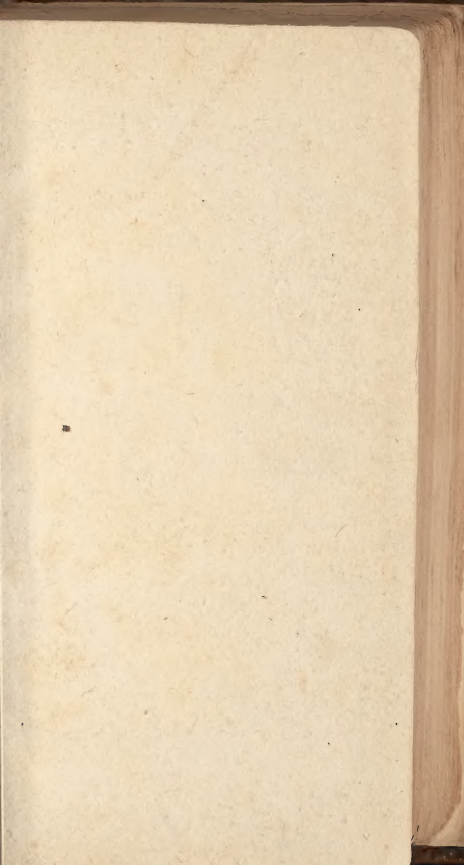


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1644
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DELIGHTS

FOR

LADIES,

TO

ADORN THEIR

*Persons, Tables, Closets,
and Distillatories,*

WITH

*Beauties, Banquets, Perfumes,
and Waters.*

H. PLET

Read, practice, and censure.

LONDON,

Printed by James Young.

1644.

J.S.

THE RIGHT
OF
MADRID
TO
ADORN THEIR
PAGES WITH
AND
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To all true lovers of Art and Knowledge.

Sometimes I write the forms of burning bals,
Supplying wants that were by wood-fals wrought.
Sometimes of tubs defended so by Art,
As fire in vain hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune and his pilgrims to content ;
Sometimes of food, sweet, fresh, and durable,
To maintain life when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres, nor her hand-maid knew :
I write to all ; but scarcely one beleeveth,
Save Dive & Denshire, who have found them true.
When heavens did mourn in cloudy mantles clad,
And thrcatned famine to the sons of men :
When sobbing earth deny'd her kindly fruit
To painfull plow-men and his hinde ; even then
I writ relieving remedies of death,
That Art might help where Nature made a faile.

The Epistle.

But all in vain; these new born babes of Art,
In their untimely birth straightway do quail.
Of those or such like other new-found skils,
With painfull pen I whilom wrote at large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now, my pen and paper are persum'd,
I scorn to write with coppresse or with gall:
Barbaria's Canes are now become my quils:
Rose water is the inke I write withall.
Of sweets, the sweetest I will now commend,
To sweetest creatures that the earth doth bear:
These are the saints to whom I sacrifice
Preserves and Conservees of the Plum and Pear.
Empaling now adieu: tush, Marchpane wals
Are strong enough, and best befit our age.
Let piercing bullets turn to Sugar bals,
The Spanish fear is busht, and all their rage.
Of Marmelade, and paste of Genna,
Of Musk'd sugar I intend to write,
Of Leach, of Srocket, and Quidinia;
Affording to each Lady her delight.
I teach both fruits and flowers to preserve,
And candie them; so Nutmegs, Cloves and Mac
To make both Marchpane paste and sug'red plate,
And cast the same in forms of sweetest grace.
With bird and fowle so moulded from the life;

The Epistle.

And after cast in sweet compounds of Art,
As if the flesh and form which nature gave
Did still remain in every limb and part.
When crystal frost hath nipt the tender grape,
And clean consum'd the fruits of every Vine;
Here behold the clusters, fresh and faire,
Cut from the branch, or hanging on the line.
The walnut, small Nut, and the Chesnut sweet,
Whose sug'red kernels lose their pleasant taste,
Are here from yeer to yeer preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strength,
The Quince, Pomegranate, with the Barberie,
No sugar us'd, yet colour, taste, and smell
Are here maintain'd and kept most naturally.
For Ladies Closets, and Distillatories,
Both waters, oyntments, and sweet smelling bals,
In easie terms, without affected speech,
I here present most ready at their calls.
And lest with carefull pen I should omit,
The wrongs that nature on their persons wrought
By parching Phoebus with his looser rayes,
For these likewise relieving means I sought.
No idle thoughts or vain surmised skill,
No fancie fram'd within a theoricke brain,
My Muse presents unto your sacred eares;
To win your favours falsly I disdain.

The Epistle.

*From painfull practice, from experience,
I found, though costly, mysteries derive :
With fiery flames in scorching Vulcan's forge,
To teach and find each Secret I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps a while :
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing stile.*

H. P L A T.



Good Reader, for the understanding
of this Table, know, that a, b, c, d,
do give directions unto the four severall
Parts or Treatises of this Book: (a) for
the first, the rest in their order.

THE TABLE.

A

A Nula Campana roots preserved	a. 1
Almonds in Leach	a. 17
Almond butter to make	a. 57
Almonds into gelly	a. 58
Alligar distilled	b. 16
Apples kept dry all the yeer	a. 47
Aqua Rubea	b. 7
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Artichokes kept long	a. 69

A 4

Bags

The Table.

B

B Ags sweet to lie among linnen	d. 35
Ball to take out stains	d. 3
Ball to wash with	d. 8
Balm-water	b. 5
Beaumanger	c. 11
Beefe roasted kept long	c. 18
Beefe powdered kept long without charge	c. 19
Beefe fresh at the sea	c. 20
Beauty for the face	d. 7, 14
Bisket-bread, or French bisket	a. 19
Bisket called Prince bisket	a. 20
Bisket called Biskettello	a. 21
Bloud of herbs	b. 22
Borrage candied	a. 11
Bottling of Beer truly	c. 7
Bottles mustie helped	c. 28
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Brawne to eat, tender and delicate	c. 13
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The Table.

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Candying in rock candy a. 33, 42

Candying of Orenge pills a. 35

Candles for Ladies Tables c. 39

Candles hanging in the aire c. 40

Capers of broom preserved a. 37

Capon boyled in white broth c. 5

Casting in sugar plate a. 13

Casting in sugar in party moulds a. 43

Casting and moulding of fruit a. 44

Cherries preserved a. 8

Cherry pulp kept dry all the ycer

a. 45

Cherries dryed in the Sun a. 46

Cheese extraordinary c. 22

Chefnuts kept long a. 73

Chilblanes helped a. 15

Chine of veal or chicken boiled c. 10

Cinamon water b. 10

Collis white, and like gelly a. 55

Comfits of all sorts a. 54

Conserve of Prunes or Damsons

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A 5

Conserve

The Table.

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Cowslip water, or Vinegar of the colour of the Cowslip	a. 34
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Cucumbers preserved	a. 36

D

D Amask powder	d. 19
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Eringo roots preserved	a. 1
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Face made faire	d. 7. 14
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	17, 18, 19, 20. 21
	Face

The Table.

Face kept white and cleere	d. 12
Fish into paste	c. 14
Fish fried kept long	c. 17
Flesh kept sweet in Summer	c. 24
Flies kept from oyle peeces	c. 30
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G

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The Table.

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H and stained to help	d.5
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Haire black altered	d.30,37
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I rish <i>Aqua vite</i>	b.9
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Jumbols to make	a.16
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The Table.

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L Arks to boile	c.4
L Lavander distilled in a new manner	b.11
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Leach	a.59
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Limon moulded and cast	a.44
Limon juice kept all the yeer	c.32
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M Ace in rock candy	a.42
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Marigolds candied	a.9,11
Marigold paste	a.40
Marmelade of Quinces or Damsons	a.30
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Morpheew	

The Table.

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Mustineffe helped or prevented in waters	b.24

N

N utmegs in rock candy	a.33,43
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O

O renges preserved	a.34
Orange pils candied	a.35
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Orange moulded and cast off	a.44
Orange juice kept all the yeer	c.35
Oysters kept long	c.15

P

P aste of flowers	a.14,40
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Paste called Puffe-paste	a.24
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Peare

The Table.

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Pickrel boiled after the French fashion	c.3
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Pigeons boiled with Rice	c.9
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Plums preserved	a.8
Plums dried in the Sun	a.46
Pomander to make	d.4
Pomander renewed	d.32
Pomatum most excellent for the face	d.13
Pomegranats kept long	a.68
Preserving of roots	a.1
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Quidinia of Quinces a.28
Quinces into paste of genua a.30
Quinces

The Table.

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R

R Abbets of sugar paste	a. 10
R Raspices in gelly	a. 29
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Roots candied	a. 53
Rosa Solis to make	b. 6
Rosemary flowers candied	a. 9
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Roses and Rose leaves candied	a. 9,
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Rose	

The Table.

Rose water and oyle drawn together

b. 25

Rose water of the colour of the Rose

c. 34

Rose vinegar of the colour of the
Rose

c. ib.

Rose vinegar made in a new manner

c. 41

S

Sallet oyle purified and graced in
taste and smell

c. 36

Salmon kept long fresh

c. 16

Salt of herbs

b. 12

Salt delicate for the table

c. 38

Saw sedges of Polonia

c. 14

Sirup of Violets

a. 4

Sirup of Roses

a. 5

Skin white and cleer

d. 2

Sparrowes to boyl

c. 4

Spirit of wine extraordinary

b. 1

Spirit of wine ordinary

b. 2

Spirits of spices.

b. 3

Spirit of wine tasting of any Vege-
table

b. 4

Spirit of honey

b. 13

Spirit of herbs and flower

b. 17

Su

The Table.

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Strawberries in gelly	a. 29
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Sugar plate of flowers	a. 14
Sugar plate to colour	a. 38
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Sugar smelling and tasting of the Clove or Cinamon	a. 71

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T eeeth kept white and sound	d. 10, 15, 16
Thyme distilled in a new manner	b. 11
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V

V inegar distilled	b. 16
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	Violet

The Table.

Violet water, or Vinegar of the colour of the Violet

c.34

Usque-bath

b.9

W

WAfers to make

a.56

Walnuts in sucket

a.49

Walnuts kept fresh long

a.65,66

Wardens kept dry all the yeer

a.47

Washing water sweet

b.21.d.2,28,29

Whites of eggs broken speedily

c.29

Wigen to boile

c.6

Wine tasting of Wormwood, made speedily

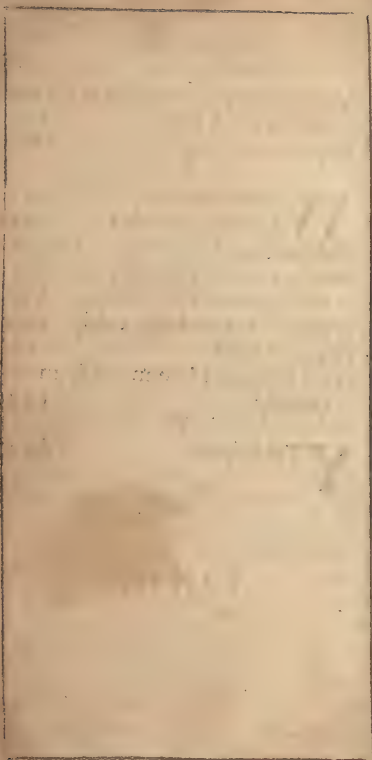
c.33

Y

YTch helped:


d.25

FINIS.



The Art of Preserving, Conserving, Can- dying, &c.

1. *How to preserve Eringo roots, Anu-
la Campana, and so of others
in the same manner.*

 Eethe them till they be
tender; then take away
the piths of them, and
leave them in a colander,
till they have dropped as much as
they will: then having a thinne
syrup ready, put them, being cold,
into the syrup being also cold, and
let them stand so three dayes,
then boyle the syrup (adding some
more fresh syrup to it, to supply that
which the roots have drunk up) a
little higher, and at three dayes end,
boile the syrup againe without any
new addition, unto the full height
of a preserving syrup, and put in your
rootes, and so keep them. Rootes
preserved

The Art of preserving,

preserved in this manner, will eat very tender, because they never boiled in the syrup.

2. How to make Muske-Sugar of common Sugar.

BRuise four or six grains of Musk, place them in a piece of Sarce-net, fine Lawne or Cambrick doubled: lay this in the bottome of a gally-pot, strewing your Sugar thereon: stop your pot close, and all the Sugar in a few dayes will both sent and taste of Musk; and you may lay more Sugar thereon, when you have spent that Sugar, which will also receive the like impressiion. Such Musk-sugar is sold for two shillings the pound.

3. How to dry Rose leaves in a most excellent manner.

WHen you have newly taken out your bread, then put
in

Conserving, candying, &c.

in your Roses in a sieve, first clipping away the whites, that they may be all of one colour: lay them about one inch in thicknesse in the sieve; and when they have stood halfe an houre or thereabout, they will grow whitish on the top; let them yet remaine without stirring, till the uppermost of them be fully dryed: then stirre them together, and leave them about one other halfe houre; and if you finde them dry in the top, stirre them together againe, and so continue this work untill they be thorowly dryed: then put them, hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within, (the Refiners of gold and silver call these pots Hookers) stop it with corke and wet parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neere a continuall fire, and so they will keep exceeding faire in colour, and most delicate in sent. And if
you

The Art of preserving,

you fear their relenting, take the Rose leaves about Candlemas, and put them once again into a sieve, stirring them up and down often till they be drie; and then put them up again hot into your pot.

Note, that you must set up your oven-lid, but not lute it about when you set in your Rose leaves, either the first or second time. *Post, numero 6.*

4. A most excellent Syrup of Violets, both in taste and tincture.

EXpresse the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water, put the same into an Alabaster mortar, with the leaves which you have stamped, and wring the same out thorow a cloth, as you did at the first, into the other juice: put thereto a sufficient proportion of the finest sugar

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gar, and brought also into a most fine powder: let the same stand ten or twelve houres in a clean glased earthen pan: then drain away the clearest, and put it into a glass, and put thereto a few drops of the juice of Limons, and it will become cleere, transparent, and of the violet colour. Then you may expresse more juice into the sugar, which will settle in the bottome with some of the thickest part of the juice: and beating the same upon a gentle fire, it will also become a good syrup of violets, but not comparable to the first. By this manner of work you gaine one quarter of syrup more then divers Apothecaries doe.

5. A singular manner of making the syrup of Roses.

Fill a silver bason three quarters full of rain water or Rose water; put therein a convenient proportion

B of

The Art of preserving,

of Rose leaves : cover the bason , and set it upon a pot of hot water (as wee usually bake a custard : in three quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the Rose : then take out those leaves, wringing out all their liquor gently , and steep more fresh leaves in the same water : continue this iteration seven times, and then make it up in a syrup : and this syrup worketh more kindly then that which is made meerly of the juice of the Rose. You may make sundry other syrups in this manner. *Quere* of hanging a pewter head over the bason, if the ascending water will be worth the keeping.

6. Another way for the drying of Rose leaves.

DRy them in the heat of an hot sunny day upon a Leads, turning them

Conserving, candying, &c.

them up and downe till they be dry, (as they doe hay) then put them up into glasses well stopt and luted, keeping your glasses in warm places; and thus you may keep all flowers: but herbs after they are dried in this manner, are best kept in paper bags, placing the bags in close cupboards.

7. How to preserve whole Roses, Gilliflowers, Mari- golds, &c.

DIp a Rose that is neither in the bud, nor over-blown, in a syrup consisting of sugar double refined, & Rose water boiled to his full height; then open the leaves, one by one, with a fine smooth bodkin, either of bone or wood; and presently, if it be a hot sunny day, and whilest the Sun is in some good height, lay them on papers in the Sun, or else dry them with some gentle heat in

The Art of preserving,

a close room, heating the room before you set them in, or in an oven upon papers, in pewter dishes: and then put them up in glass.s, and keep them in dry cupboards neer the fire: you must take out the seeds, if you mean to eat them. You may prove this, preserving with sugar-candy in stead of sugar, if you please.

8. The most kindly way to preserve Plums, Cherries, Goose- berries, &c.

YOU must first purchase some reasonable quantity of their owne juice, with a gentle heat upon embers, in pewter dishes, dividing the juice still as it cometh in the stewing: then boile each fruit in his own juice, with a convenient proportion of the best refined sugar.

9. How

Conserving, candying, &c.

9. How to candy Rosemary flowers, Rose leaves, Roses, Marigolds, &c. with preservation of colour.

D'solve refined or double refined sugar, or sugar-candy it self, in a little Rose-water: boil it to a reasonable height: put in your roots or flowers when your syrup is either fully cold, or almost cold; let them rest therein till the syrup have pierced them sufficiently: then take out your flowers with a skimmer, suffering the loose syrup to run from them so long as it will: boil that syrup a little more, and put in more flowers; as before; divide them also: then boile all the syrup which remaineth, and is not drunk up in the flowers, to the height of *Manus Christi*, putting in more sugar, if you see cause, but no more Rose water; put your flowers therein when your syrup is cold, or almost cold, and let them stand till they candie.

The Art of preserving,

10. *A most delicate and stiffe sugar-paste, whercof to cast Rabbits, Pigeons, or any other little bird or beast, either from the life, or carved moulds.*

First, dissolve Isinglasse in fair water, or with some Rose water in the latter end: then beat blanched Almonds, as you would for Marchpane stufte, and draw the same with cream and Rose water (milk will serve, but cream is more delicate): then put therein some powdered sugar; into which you may dissolve your Isinglasse, being first made into gelly, in fair warm water (note, the more Isinglasse you put therein, the stiffer your work will prove): then having your Rabbits, Woodcocks, &c. moulded either in plaister from life, or else carved in wood (first anointing your wooden moulds with oyle of sweet Almonds, and your plaister or stone moulds with barrowes grease) poure your sugar paste thereon.

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A quart of cream, a quart: n of Almonds, two ounces of Ilinglasse, and four or six ounces of sugar is a reasonable good proportion for this stufte.

Quare of moulding your birds, rabbits, &c. in the compound wax, mentioned in my *Jewell house*, in the title of the *Art of moulding and casting*, page 60. for so your moulds will last long.

You may dredge over your fowle with crums of bread, Cinamon and sugar boiled together, and so they will seeme as if they were roasted and breaded. Leach and gelly may be cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thin as you please: it lasteth not long, and therefore it must be eaten within a few dayes after the making thereof. By this means a banquet may be presented in the form of a supper, being a very rare and strange device.

The Art of preserving,

11. *To candy Marigolds, Roses, Borrage,
or Rosemary flowers.*

BOil sugar and Rose water a little upon a chafing-dish with coals : then put the flowers (being thorowly dried, either by the Sun, or on the fire) into the sugar, and boil them a little ; then strew the powder of double refined sugar upon them, and turne them, and let them boil a little longer, taking the dish from the fire : then strew more powdered sugar on the contrary side of the flowers. These will dry of themselves in two or three houres in a hot sunny day, though they lie not in the Sun.

12. *To make an excellent Marchpane
paste to print off in moulds for
banquetting dishes.*

TAke to every Jordan Almond blanced, three spoonfuls of
the

Conserving, candying, &c.

the whitest refined sugar you can get :
searce your sugar ; and now and then,
as you see caule, put in two or three
drops of Damask Rose water , beat
the same in a smooth stone mortar,
with great labour , untill you have
brought it into a dry stiffe paste : one
quarterne of sugar is sufficient to
work at once.

Make your paste in little bals, e-
very ball containing so much by e-
stimation as will cover your mould
or print : then rowle the same with
a rowling pin upon a sheet of clean
paper, without strewing any powder-
ed sugar either upon your paste or
paper.

There is a Countrey Gentle-wo-
man, whom I could name, which
venteth great store of Sugar-cakes
made of this composition. But the
only fault which I find in this paste,
is , that it tasteth too much of the
sugar, and too little of the Almonds :
and therefore you may prove the
making thereof by such Almonds

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which have had some part of their oyle taken from them by expreffion, before you incorporate them with the fugar, and fo haply you may mix a greater quantity of them with the fugar, becaufe they are not fo oily as the other.

You may mix Cinamon or Ginger in your pafte, and that will both grace the tafte, and alter the colour; but the fpace muft paffe thorow a faire fcarce: you may fteep your Almonds in cold water all night, and fo blanch them cold: and being blanched, dry them in a fieve over the fire. Here the garble of Almonds will make a cheap pafte.

13. The making of fugar plate, and cafting therein carved moulds.

TAKE one pound of the whitest refined or double refined fugar, if you can get it: put thereto three ounces (some Comfit-makers put

Conserving, candying, &c.

put six ounces for more gaine) of the best starch you can buy ; and if you dry the sugar after it is powdered, it will the sooner passe thorow your Lawne Searce. Then searce it, and lay the same on a heap in the midst of a sheete of cleane paper : in the middle of which masse put a pretty lump of the bignesse of a Walnut of Gum Dragagant, first steeped in Rose water one night : a porrenger full of Rose water is sufficient to dissolve an ounce of Gum (which must first be well picked, leaving out the drosse :) : remember to straine the Gum thorow a canvas : then, having mixed some of the white of an egge with your strained Gum, temper it with the sugar betwixt your fingers by little and little, till you have wrought up all the sugar and the Gumme together into a stiffe paste ; and in the tempering, let there be alwayes some of the sugar between your fingers and the Gumme : then dust
your

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your wooden moulds a little with some of that powdered sugar throw a piece of Lawne, or fine linnen cloth : and having driven out with your rowling pin a sufficient portion of your paste to a convenient thicknesse, cover your mould therewith, pressing the same downe into every hollow part of your mould with your fingers : and when it hath taken the whole impression, knock the mould on the edge against a table, and the paste will issue forth with the impression of the mould upon it : or, if the mould be deep cut, you may put the point of your knife gently into the deepest parts here and there, lifting up by little and little the paste out of the mould.

And if in the making of this paste you happen to put in too much gum, you may put more sugar thereto; and if too much sugar, then more gum : you must also work this paste into your moulds as speedily as you
can

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can after it is once made, and before it harden : and if it grow so hard that it crack, mixe more gum therewith : cut away with your knife from the edges of your paste, all those pieces which have no part of the worke upon them, and worke them up with the paste which remaineth : and if you will make sawcers, dishes, bowles, &c. then (having first driven your paste upon paper, first dusted over with sugar, to a convenient largenesse and thicknesse) put the paste into some sawcer, dish, or bowle of a good fashion, and with your finger presse it gently downe to the insides thereof, till it resemble the shape of the dish ; then pare away the edges with a knife even with the skirt of your dish or sawcer, and set it against the fire, till it be drie on the inside : then with a knife get it out, as they use to do a dish of butter, and dry the back-side : then gild it on the edge with the white of an egge laid round about

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about the brim of the dish with a pencill, and presse the gold downe with some cotten ; and when it is dry, skew or brush off the gold with the foot of an Hare or Cony. And if you would have your paste exceeding smooth, as to make cards, and such like conceits thereof, then roul your paste upon a slied paper with a smooth and polished rowling-pin.

14. *A way to make Sugar-plate both of colour and taste of any flower.*

TAKE Violets, and beat them in a mortar with a little hard sugar, then put into it a sufficient quantity of Rose water : then lay your gum in steep in the water, and so work it into paste, and so will your paste be both of the colour of the Violet, and of the smell of the Violet. In like sort may you work with Marigolds, Cowslips, Primroses, Buglosse, or any other flower.

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15. To make paste of Novie.

TAKE a quarter of a pound of Valentian Almonds, otherwise called the small Almonds, or Barbary Almonds, and beat them in a mortar till they come to paste : then take stale manchet being grated, and dry it before the fire in a dish : then sift it : then beat it with your Almonds : put, in the beating of it, a little Cinnamon, Ginger, and the juice of a Limon, and when it is beaten to perfect paste, print it with your moulds, and so dry it in an oven after you have drawne your bread : this paste will last all the year.

16. To make Jumbols.

TAKE halfe a pound of Almonds, being beaten to paste, with a short cake being grated, and two eggs, two ounces of carroway-seeds, being
beaten

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beaten, and the juice of a Limon : and being brought into paste, roule it into round strings : then cast it into knots, and so bake it in an oven : and when they are baked, yce them with Rose water and sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the oven, and let them stand in a little while, and they will be yced clean over with a white yce : and so box them up, and you may keep them all the yeer.

17. *To make a paste to keep you moist, if you list not to drink oft ; which Ladies use to carry with them when they ride abroad.*

TAke halfe a pound of Damaske Prunes, and a quartern of Dates: stone them both, and beat them in a mortar with one Warden being roasted, or else a slice of old Marmelade ;

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lade ; and so print it in your moulds, and dry it after you have drawne bread : put Ginger un'o it, and you may serve it in a banquet.

18. To make a Marchpane.

TAke two pound of Almonds, being blanched and dryed in a sieve over the fire : beat them in a stone mortar ; and when they be small, mixe them with two pound of Sugar being finely beaten , adding two or three spoonfuls of Rose water, and that will keep your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it in a bottom of waters : then raise up a little edge on the side, and so bake it : then yce it with Rose water and sugar : then put it into the oven again ; and when you see your yce is risen up and dry, then take it out of the oven, and garnish it
with

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with pretty conceits, as birds and beasts, being cast out of standing moulds. Strick long Comfits upright in it: cast biskets and carrowayes in it, and so serve it: gild it before you serve it: you may also print off this Marchpane paste in your moulds for banquetting dishes: and of this paste our Comfit-makers at this day make their letters, knots, marks, Escutcheons, beasts, birds, and other fancies.

19. To make bisket-bread, otherwise called French bisket.

TAke halfe a peck of fine flower, two ounces of Coriander-seeds, one ounce of Annis-seeds, the whites of four eggs, halfe a pint of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but bloud warm: then bake it in a long roule as big as your thigh: let it stay in the oven but one houre, and when it is a day old, pare it, and slice it

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it owerthwart : then sugar it over with fine powdered sugar, and so dry it in an oven again : and being dry, take it out, and sugar it again : then box it, and so you may keep it all the year.

20. To make Prince bisket.

TAke one pound of very fine flower, and one pound of fine sugar, and eight eggs, and two spoonfuls of Rose water, and one ounce of Carroway-seeds, and beat it all to batter one whole hour ; for the more you beat it, the better your bread is : then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keep it.

21. To make another kinde of bisket called biskettello.

TAke halfe an ounce of Gum dragant , dissolved in Rose water

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Rose water with the juice of a Limon, and two grains of Musk: then strain it thorow a fair linnen cloth, with the white of an egge: then take halfe a pound of fine sugar being beaten, and one ounce of Carroway-seeds, being also beaten and searced: and then beat them all together in a mortar till they come to paste; then roule them up in small loaves about the bignesse of a small egge: put under the bottome of every one a piece of a wafer, and so bake them in an oven upon a sheet of paper; cut them on the sides as you doe a manchot, and prick them in the middest: when you break them up, they will be hollow and full of eyes.

22. To make Ginger-bread,

TAKE three stale manchets, and grate them: dry them and sift them thorow a fine sieve: then adde
unto

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unto them one ounce of Ginger, being beaten, and as much Cinnamon, one ounce of Liquorice and Annis-seeds, being beaten together, and searced, halfe a pound of sugar: then boile all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thinne, and put it in your mould: dust your moulds with Cinnamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentle-mens houses at festivall times. It is otherwise called dry Leach.

23. To make dry Ginger-bread.

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolks of two new laid egges, the juice of a
Limon

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Limon, and two grains of Muske; beat all these together till they come to a paste: then print it with your moulds: and so dry it upon papers in an oven after your bread is drawn.

24. To make puffle-paste.

TAKE a quart of the finest flower, and the whites of three eggs, and the yolks of two, and a little cold water, and so make it into perfect paste: then drive it with a rowling pin abroad: then put on small pieces of butter, as big as nuts, upon it: then fold it over; then drive it abroad again; then put small pieces of butter upon it as you did before; do this ten times, alwayes folding the paste, and putting butter between every fold. You may convey any pretty forced dish, as Florentine, Cherry-tart, Rice, or Pippins, &c. between two sheets of that paste.

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25. To make paste short without butter.

TAKE a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake Manchet ; then take the yolks of two or three eggs, and a pint of cream, and make paste ; put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or suet. In like sort, when you make Sugar-cakes, bake your flower first.

26. To make crystal gelly.

TAKE a knuckle of Veale, and two Calves feet (your Calves feet being flayed and scalded) and boile them in faire spring water ; and when they are boyled, ready to eat, you may save your flesh, and not boile it to pieces ; for if you doe so, the gelly will look thick : then take a quart of the cleereſt
of

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of the same broth, and put it into a posnet, adding thereunto Ginger, white Pepper, six whole Cloves, one Nutmeg quartered, one graine of Muske; put all these whole spices in a little bag, and boile them in your gelly; season it with foure ounces of sugar-candy, and three spoonfuls of Rose water; so let it run thorow your gelly bag; and if you mean to have it looke of in amber colour, bruise your spices, and let them boile in your gelly loose.

27. To make Leach of Almonds.

TAKE halfe a pound of sweet Almonds, and beat them in a mortar; then strain them with a pint of sweet milk from the cow; then put to it one grain of musk, two spoonfuls of Rose water, two ounces of fine sugar, the weight of three whole shillings of Isinglasse that is very white,
an

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and so boile them : then let all run thorow a strainer, then you may ~~slice~~ the same, and so serve it.

28. *To make Quidinia of Quinces.*

TAke the kernels out of eight great Quinces, and boile them in a quart of spring water till it come to a pint ; then put into it a quarter of a pint of Rose water, and one pound of fine sugar, and so let it boile till you see it come to be of a deep colour ; then take a drop, and drop it on the bottome of a sawcer, and if it stand, take it off ; then let it run thorow a gelly-bagge into a bason : then set on your bason upon a chafing-dish of coales to keepe it warme ; then take a spoon, and fill your boxes as full as you please, and when they be cold, cover them : and if you please to print it in moulds, you must have moulds made to the bignesse of your box, and wet your moulds with Rose water, and so let
C it

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it run into your mould ; and when it is cold, turn it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mul-berries, Raspis-berries, or any such tender fruit.*

TAke your berries, and grind them in an Alablafter Mortar with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Rose water ; and so boile it in a posnet with a little piece of I singlasse, and let it run thorow a fine cloth into your boxes, and so you may keep it all the year.

30. *To make paste of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in slices, and bake them

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them in an oven dry in an earthen pot, without any other juice then their own: then take one pound thereof, strain it, and put it into a stone mortar with halfe a pound of Sugar; and when you have beaten it up to paste, print it in your moulds, and dry it three or foure times in an oven after you have drawn bread: and when it is thorowly dry and hardened, you may box it, and it will keep all the year.

31. To make Marmelade of Quinces. or Damsons.

WHen you have boiled your Quinces or Damsons sufficiently, strain them; then dry the pulp in a pan on the fire, and when you see there is no water in it, but that it beginneth to be stiffe, then mix two pound of Sugar with three pound of pulp: This Marmelade will be white Marmelade. And if you desire to have it looke with

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an high colour : put your Sugar and pulp together so soon as your pulp is drawn, and let them both boil together, and so it will look of the colour of ordinary Marmelade, like unto a stewed Warden ; but if you drie your pulp first, it will look white, and take lesse sugar : you shall know when it is thick enough by putting a little into a sawcer, letting it coole before you box it.

32. To make sucket of Lettuce stalkes.

TAKE Lettuce stalkes, and pill away the out-sides ; then parboil them in faire water ; then let them stand all night dry, then take halfe a pint of the same liquor, and a quarter of a pint of Rose water, and so boile it to syrup ; and when your syrup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your syrup to make them take sugar, and then the next day your
syrup

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syrup will be weake again : then boil it again, and take out your roots. In the like sort you may keep Orenge pils, or green Walnuts, or any thing that hath the bitternesse first taken from it by boiling in water.

33. *To candie Nutmegs, or Ginger with
an hard rock candy.*

Take one pound of fine sugar, and eight spoonfuls of Rose water, and the weight of six pence of Gumme Arabique that is cleere, boile them together to such an height, as that dropping some thereof out of a spoone, the syrups do rope and run into the smallnesse of an haire : then put it into an earthen pipkin, wherein place your Nutmegs, Ginger, or such like : then stop it close with a sawcer, and lute it well with clay, that no aire may enter : then keep it in an hot place three weeks, and it will candy hard.

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You must break your pot with an hammer, for otherwise you cannot get out your candie. You may also candie Orenge or Limons in like sort, if you please.

34. To preserve Orenge after the Portugall fashion.

TAKE Orenge, and coar them on the side, and lay them in water; then boil them in fair water till they be tender; shift them in the boiling to take away their bitterneffe, then take sugar, and boil it to the height of syrup, as much as will cover them, and so put your Orenge into it, and that will make them take sugar. If you have 24. Orenge, beat eight of them till they come to paste, with a pound of fine sugar; then fill every one of the other Orenge with the same, and so boile them again in your syrup: then there will be Marmelade of Orenge within your Orenge, and it will cut like an hard egge.

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35. *To candy Orenge pils.*

TAke your Orenge pils after they be preserved ; then take fine sugar and Rose water, and boil it to the height of *Manus Christi* ; then draw thorow your surgar, then lay them on the bottome of a sieve, and dry them in an oven after you have drawne bread, and they will be candied.

36. *To preserve Cowcumbers
all the yeer.*

YOU may take a gallon of faire water, and a pottle of verjuice, and a pint of bay salt, and an handfull of green Fennel or Dill : boil it a little, and when it is cold, put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keep them all the yeer.

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37. *To preserve Broom-capers
all the yeer.*

BOile a quart of verjnice, and an handfull of bay salt, and therein you may keep them all the yeer.

38. *To colour sugar-plate with
severall colours.*

YOU may mix Roses with your fine searced sugar untill the colour please you, and so shall you have a faire murrey colour. Sap-greene must be tempered in a little Rose water, having some Gum first dissolved therein, and so lay it on with a pen-sill upon your paste in apt places: With Saffron you may make a yellow colour in the like manner, first drying and powdering your Saffron; and after it hath coloured the Rose water sufficiently, by straining it thorow fine linnen. The powder of Cinamon maketh a Walnut colour,
and

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and Ginger and Cinamon together a lighter colour.

39. To make Trosses for the sea.

First make paste of sugar and Gum dragagant mixed together, then mixe therewith a reasonable quantity of the powder of Cinamon and Ginger ; and if you please, a little Muske also, and make it up into roulees of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into sugar paste.

40. To make paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.

Shred, or rather powder the dries of your flower, putting thereunto some fine powder of Ginger and Cinamon, and a little Muske, if you please, mixe them all

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confusedly together : then dissolve some sugar in Rose water , and being boiled a little, put some Saffron therein if you work upon Marigolds ; or else you may leave out your Saffron : boile it on the fire unto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dried in a dish over a chafing-dish of coales ; then powre it upon a trencher , being first sprinkled over with Rose water, and with a knife work the paste together. Then break some Sugar candie small, but not to powder , and with Gumme Dragagant fasten it here and there, to make it seem as if it were Roch candied : cut the paste into pieces of what fashion you list, with a knife first wet in Rose water. In Liquorice paste you must leave out the pap of the pippin , and then work your paste into dry rouses. Remember to searce the Liquorice thorow a fine searce. These rouses
are

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are very good against any cough or cold.

41. To make Marmelade of Limons or Orenge.

TAke ten Limons or Orenge, and boile them with halfe a dozen pippins, and so draw them thorow a strainer : then take so much sugar as the pulp doth weigh, and boile it as you do Marmelade of Quinces, and then box it up.

42. How to candie Nutmegs, Ginger, Mace, and flower's in half a day, with hard or rock candy.

LAy your Nutmegs in steepe in common lee made with ordinary ashes, twenty four hours ; take them out, and boile them in faire water till they be tender, and so take out the lee : then dry them, and make a syrup of double refined sugar, and a little Rose water, to the height
of

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of a *Manus Christi* : place this syrup in a gentle balneo, or some small heat, putting your Nutmegs into the syrup. Note, that you must skum the sugar as it casteth any skum, before you put in your Nutmegs ; then having sugar-candie first bruised grossely, and searced thorow colanders of severall bignesse, take the smallest thereof, and roule your Nutmegs up and down therein, either in a dish or upon clean paper : then stove your Nutmegs in a cupboard with a chafing-dish of coales, which must be made hot of purpose, before you set them in : and when they are drie enough, dip them againe in fresh syrup boiled to his height, as before, and roule them in the grosser sugar-candie, and then stove them again till they be hard, and so the third time, if you will increase their candie. Note, that you must spend all the sugar which you dissolve at one time with candying of one thing or other therein

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therein presently. The stronger that your lee is, the better; and the Nutmeg, Ginger, &c. would lie in steep in the lee ten or twelve dayes, and after in the syrup of sugar in a stove or cupboard, with a chafing-dish and coales one whole weeke, and then you may candie them suddenly, as before. Flowers and fruits are done presently, without any such steeping or stoving, as before: onely they must be put into the stove after they are coated, with your powdered sugar-candy. And those flowers of fruits, as they are suddenly done, so they will not last above two or three dayes faire: and therefore onely to be prepared for some set banquet.

34. Casting of sugar in party moulds of wood.

Lay your moulds in faire water
three or foure houres before
you

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you cast, then dry up your inward moisture with a cloth of linnen, then boile Rose water and refined sugar together, but not to any great stiffenesse; then poure it into your moulds; let your moulds stand one houre, and then gently part or open the moulds, and take out that which you have cast. You may also work the paste, *sic ut ante numero 12, 13.* into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mould together two or three times, and after take away the crest that will arise in the midst. And to make the sides to cleave together, you may touch them first over with Gum dragagant dissolved, before you presse the sides of the mould together. Note, that you may convey Comfits within, before you close the sides. You may cast off any of these mixtures or pastes

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pastes in Alabaster moulds, moulded from the life.

44. *To mould off a Limon, Orenge, Pear,
Nut, &c. and after to cast it hol-
low within of sugar.*

Fill a wooden platter half full of sand, then presse downe a Limon, Peare, &c. therein, to the just halfe thereof: then temper some burnt Alabaster with faire water, in a stone or copper dish of the big- nesse of a great-silver boule, and cast this pap into your sand, and from thence clap it upon the Limon, Peare, &c. pressing the pap close un- to it. Then after a while take out this halfe part with the Limon in it, and pare it even in the insides, as neer as you can, to make it resemble the just halfe of your Limon, then make two or three little holes in the half (viz. in the edges thereof) laying it down in the sand again, and so cast

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cast another halfe unto it, then cut off a piece of the top of both your partie moulds, and cast thereto another cap, in like manner as you did before. Keep these three parts bound together with tape, till you have cause to use them : and before you cast, lay them alwayes in water, and dry up the water again before you poure in the sugar. Colour your Limon with a little Saffron steeped in Rose water. Use your sugar in this manner : Boile refined, or rather double refined sugar and Rose water to his full height, viz. till by powring some out of a spoone, it will run at the last as fine as an haire : then taking off the cap of your mould, poure the same therein, filling up the mould above the hole, and presently clap on the cap, and presse it downe upon the sugar, then swing it up and downe in your hand, turning it round, and bringing the neather part sometimes to be the upper part in the turning ; and *è converso*. This
is

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is the manner of using an Orenge, Limon, or other round mould: but if it be long, as a Pigs foot will be, being moulded, then roule it, and turne it up and downe long wayes in the aire.

45. *How to keepe the dry pulp of Cherries, Prunes, Damsons, &c.*
all the ycere.

YOU may take of those kinde of Cherries that are sharp in taste, (*Quere* if the common black and red Cherry will not also serve, having in the end of the decoction a little oyle of Vitriol, or Sulphur, or some verjuice of sowe grapes, or juice of Limons mixed therewith, to give a sufficient tartnesse :) pull off their stalkes, and boil them by themselves, without the addition of any liquor, in a caldron or pipkin; and when they begin once to boile in their owne

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owne juice, stir them hard at the bottom with a spattle, lest they burn to the pans bottom. They have boiled sufficiently when they have cast off all their skins, and that the pulp and substance of the Cherries is grown to a thick pap: then take it from the fire, and let it cool; then divide the stones and skins by passing the pulp only thorow the bottom of a strainer reversed, as they use in *Cassia fistula*; then take this pulp and spread it thin upon glazed stones or dishes, and so let it drie in the Sun, or else in an oven presently after you have drawn your bread: then loose it from the stone or dish, and keep it to provoke the appetite, and to cool the stomach in Fevers, and all other hot diseases. Prove the same in all manner of fruit. If you fear adustion in this work, you may finish it in hot balneo.

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46. How to dry all manner of Plums or Cherries in the Sun.

IF it be a small fruit, you must dry them whole, by laying them abroad in the hot Sun, in stone or pewter dishes, on iron or brasie pans, turning them as you shall see cause. But if the Plum be of any largeness, slit each Plum on the one side, from the top to the bottome; and then lay them abroad in the Sun: but if they be of the biggest sort, then give every Plum a slit on each side; and if the Sun doe not shine sufficiently during the practice, then dry them in an oven that is temperately warme.

47. How to keepe Apples, Peares, Quinces, & ardens, &c. all the yeere drie.

PAre them, take out the coare, and slice them in thin slices, laying

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laying them to dry in the Sunne in some stone or metalline dishes, or upon a high frame covered with course canvas, now and then turning them ; and so they will keepe all the year.

48. To make Greene Ginger upon Syrup.

TAke Ginger one pound, pare it cleane, steep it in red wine and vinegar equally mixed, let it stand so twelve dayes in a close vessell, and every day once or twice stirre it up and downe : then take of wine one gallon, and of vinegar a pottle ; seethe all together to the consumption of a moiety or halfe : then take a pottle of cleane clarified honey, or more, and put thereunto, and let them boil well together : then take halfe an ounce of Saffron finely beaten, and put it thereto, with some sugar, if you please.

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49. *To make sucket of green
Walnuts.*

TAke Walnuts when they are no bigger then the largest hasell nut: pare away the uppermost green, but not too deep; then seethe them in a pottle of water till the water be sodden away: then take so much more of fresh water; and when it is sodden to the half, put thereto a quart of vinegar, and a pottle of clarified honey.

50. *To make conserve of Prunes
or Damsons.*

TAke ripe Damsons, put them into scalding water, let them stand a while, then boile them over the fire till they break, then straine out the water thorow a colander, and let them stand therein to cool: then straine the Damsons thorow the colander, taking away the stones
and

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and skins, then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a stiffenesse, ever stirring them up and down; and when they be almost sufficiently boiled, put in a convenient proportion of Sugar: stir all well together, and after put it in your gally-pots.

§ 1. To make conserve of Straw-berries.

First see the them in water, and then cast away the water, and strain them: then boile them in white wine, and work as before in Damsons; or else strain them, being ripe: then boile them in wine and sugar till they be stiffe.

§ 2. Conserve of Prunes or Damsons made another way.

TAke a pottle of Damsons, prick them, and put them into a por,
putting

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putting thereto a pint of Rose water or wine, and cover your pot: let them boil well: then incorporate them by stirring; and when they be tender, let them cool, and strain them with the liquor also: then take the pulp, and set it over the fire, and put thereto a sufficient quantity of sugar, and boil them to their height or consistency, and put it up in gally-pots or jarre glasses.

53. How to candy Ginger, Nutmegs, or any roots or flowers.

TAKE a quarter of a pound of the best refined Sugar, or Sugar-candie which you can get, powder it, put thereto two spoonfuls of Rose water, dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they be soft and tender: the oftner you dip them in your syrrup, the thicker the candie will be, but

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but it will be the longer in candy-
ing: your syrup must be of such stiffe-
nesse, as that a drop thereof being let
fall upon a pewter dish, may congeal
and harden, being cold. You must
make your syrup in a chafing-dish of
coals, keeping a gentle fire. After your
syrup is once at his full height, then
put them upon papers presently into
a stove, or in dishes: continue fire
some ten or twelve dayes, till you
finde the candie hard, and glistering
like diamonds: you must dip the red
Rose, the Gilliflower, the Marigold,
the Borrage-flower, and all other
flowers but once.

54. *The art of Comfit-making teaching
how to cover all kinds of seeds,
fruits, or spices with
sugar.*

First of all you must have a deep
bottomed bason of fine clean
brasse or latten, with two ears of
iron to hang it with two severall
cords

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cords over a bason or earthen pan with hot coals.

You must also have a broad pan to put ashes in, and hot coals upon them.

You must have a clean latten bason to melt your Sugar in, or a faire brasen skillet.

You must also have a fine brasen ladle to let run the Sugar upon the seeds.

You must also have a brasen slice to scrape away the Sugar from the hanging bason, if need require.

Having all these necessary vessels and instruments, work as followeth:

Chuse the whitest, finest, and hardest Sugar, and then you need not to clarifie it, but beat it onely into fine powder, that it may dissolve the sooner.

But first make all your seeds very clean, and dry them in your hanging bason.

D

Take

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Take for every two pound of sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your Comfits will be great enough : and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will be faire and large.

And halfe a pound of Annis-seeds with two pound of sugar will make fine small Comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of sugar ; or halfe a pound of Annis-seeds, and foure pound of sugar. Do the like in Coriander-seeds.

Melt your sugar in this manner : viz. Put three pound of your powder sugar into the bason, and one pint of cleane running water thereunto : stirre it well with a brasen slice, untill all be moist and well wet : then set it over the fire, without smoake or flame, and melt it well, that there be no whole gristy

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gristy sugar in the bottome, and let it seethe mildly untill it will streame from the ladle like Turpentine with a long streame, and not drop: when it is come to his decoction, let it seethe no more, but keep it upon hot embers, that it may run from the ladle upon the seeds.

To make them speedily, let your water be seething hot, or seething, and put powder of sugar to them: cast on your sugar boiling hot: have a good warm fire under the hanging bason.

Take as much water to your sugar as will dissolve the same.

Never skim your sugar if it be clean and fine.

Put no kind of Starch or Amylum to your sugar.

Seethe not your sugar too long: for that will make it black, yellow, or tawny.

Move the seeds in the hanging bason as fast as you can or may;

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when the Sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and also move the bason, move, stir and rub the seeds with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coat.

Doe this at every coate, not onely in moving the bason, but also with the stirring of the Comfits with the left hand, and drying the same; thus doing you shall make good speed in the making: for, in every three houres you may make three pound of Comfits.

And as the Comfits doe increase in greatnesse, so you may take more Sugar in your ladle to cast on. But for plaine Comfits, let your Sugar be of a light decoction last, and of a higher decoction first, and not too hot.

For crispe and ragged Comfits, make your Sugar of an high decoction, even as high as it may run
from

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from the ladle, and let it fall a foot high or more from the ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits be. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggednesse long. This high decoction must serve for eight or ten coats in the end of the work, and put on at every time but one spoonfull, and have a light hand with your bason, casting on but little Sugar.

A quarter of a pound of Coriander seeds, and three pound of Sugar, will make great, huge, and big Comfits.

See that you keep your Sugar alwayes in good temper in the bason, that it burne not into lumps or gobbets: and if your Sugar be at any time too high boyled, put in a spoonfull or two of water, and keep it warily with the ladle, and let your fire alwayes

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be without smoake or flame.

Some commend a ladle that hath a hole in it, to let the sugar run thorow of an height : but you may make your Comfits in their perfect forme and shape onely with a plaine ladle.

When your Comfits be made, set your dishes with your Comfits upon papers in them before the heat of the fire, or in the hot Sun, or in an oven after the bread is drawne, by the space of an houre or two, and this will make them to be very white.

Take a quarter of a pound of Annis-seeds, and two pound of sugar, and this proportion will make them very great : and even a like quantity take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamon, and cut it into pretty small sticks, being drie, and beware you wet it not : for that deadeth the Cinamon :

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mon: and then work as in other Comfits. Doe this with Orenge rindes likewise.

Work upon Ginger, Cloves, and Almonds as upon other seeds.

The smaller that Annis-seed Comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske dissolved in a little water, one scruple: mingle all these together in the hanging bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and drie it well: doe this often, untill they be as great as Poppy-seeds, and give in the end three or foure coats of a light decoction, that they may be round and plaine: and with an high decoction you may make them crispe.

You must have a course searce made for the purpose with haire, or with parchment full of holes, to

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part and divide the Comfits into severall sorts.

To make paste for Comfits, Take fine grated bread foure ounces, fine elect Cinamon powdered halfe an ounce, of fine Ginger powder one dram, Saffron powder a little, white Sugar two ounces, and a few spoonfuls of Borrage-water; seethe the water and the Sugar together, and put to the Saffron; then first mingle the crummes of bread and the Spices well together, drie them, put the liquor scalding hot upon the stuffe, and being hot, labour it with thy hand, and make bals or other forms thereof, dry them, and cover them as Comfits.

Coriander seeds two ounces, Sugar one pound and a halfe, maketh very fair Comfits.

Annis-seeds three ounces, Sugar halfe a pound; of Annis-seeds two ounces, and Sugar six ounces, will make fair Comfits.

Every dramme of fine Cinamon
will

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will take at the least a pound of Sugar for biskets, and likewise of Sugar or Ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of Sugar to make your biskets fair.

Carrowaies will be faire at twelve coats.

Put into the Sugar a little Amylum dissolved for five or six of the last coates, and that will make them exceeding crispe : and if you put too much Amylum or Starch to the Comfits which you would have crispe, it will make them flat and smooth.

In any other confection of pasted Sugar mixed with Gum dragagant, put no kind of Amylum ; beware of it, for it will make the work clammy.

To make red Comfits, see the three

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or four ounces of brazell with a little water : take of this red water foure spoonfuls , of sugar one ounce, and boil it to his decoction: then give six coats, and it will be of a good colour; or else you may turn so much water with one dram of Turnesole, doing as before.

To make green Comfits, see the sugar with the juice of beets.

To make them yellow, see the Saffron with sugar.

In making of Comfits, alwayes when the water doth see the, then put in your sugar powder, and let it see the a little, untill it be clean dissolved, and boiled to his perfect decoction, and that the whiteneffe of the colour be clean gone: and if you let it settle, you shall see the sugar somewhat cleere.

For biskets, take two spoonfuls of liquor; of sugar searced in a course searce, one dram; and of sugar powder to be molt and cast, one ounce. This done, will make the biskets some-

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somewhat fair, and somewhat greater then Poppy-seeds.

Aliter : Take sugar-powder, foure drams ; sugar to cast, four ounces, with liquor sufficient : lay gold or silver on your Comfits.

Every dram of sugar-powder will take an ounce of sugar to be cast : eight drams make an ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound, sugar three pound ; Coriander-seeds halfe a pound, sugar three drams, will make fair Comfits.

For biskets, Annis-seeds halfe a pound, Fennel-seeds a quarter of a pound, and sugar two pound sufficient.

In six or eight of the lost coats put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar take nine ounces of water.

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55. *To make a cullis as white as snow,
and in the nature of gelly.*

TAKE a Cock, scald, wash, and draw him clean, seethe it in white wine, or Rhenish wine, scum it clean, clarify the broth after it is strained: then take a pint of thick and sweet cream, strain that to your clarified broth, and your broth will become exceeding fair and white: then take powdered Ginger, fine white Sugar, and Rose-water, seething your cullis when you season it, to make it take the colour the better.

56. *To make Wafers.*

TAKE a pint of flower, put into it a little cream with two yolks of eggs and a little Rose water, with a little searced Cinamon and Sugar, work them all together, and bake the paste upon hot irons.

57. *To*

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57. To make Almond butter.

BLanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then strain them thorow a linnen cloth, boile them with Rose water, whole Mace, and Annis-seeds, till the substance be thick : spread it upon a faire cloth, draining the whey from it, after let it hang in the same cloth some few hours, then strain it, and season it with Rose water and Sugar.

*58. A white gelly of
Almonds.*

TAke Rose water, Gum dragagant dissolved, or linglasse dissolved, and some Cinamon grossely beaten, seethe them altogether ; then take a pound of Almonds, blanch and beat them fine with a little fair water, drie them in a fair cloth : and put
your

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your water aforesaid into the Almonds, see the them together, and stir them continually, then take them from the fire, when all is boiled to a sufficient height.

59. To make Leach.

SEethe a pint of cream, and in the see theing put in some dissolved I-singlasse, stirring it till it be very thick: then take a handfull of blanched Almonds, beat them and put them in a dish with your cream, seasoning them with sugar, and after slice it, and dish it.

60. Sweet Cakes without either spice or sugar.

SCrape or wash your Parsneps Sclean, slice them thin, dry them upon canvas or net-work frames, beat them to powder, mixing one third thereof with two thirds of fine wheat flower:

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flower : make up your paste into coats, and you shall finde them very sweet and delicate.

61. Roses and Gilliflowers kept long.

COver a Rose that is fresh and in the bud, and gathered in a faire day, after they dew is ascended, with the whites of eggs well beaten, and presently strew thereon the fine powder of searced sugar, and cut them up in luted pots, setting the pots in a cool place, in sand or gravell : with a fillep at any time you may shake off this inclosure.

62. Grapes growing all the yeere.

Put a Vine stalke thorow a basket of earth in December, which is likely to beare Grapes
that

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that yeere, and when the grapes are ripe, cut off the stalk under the basket (for by this time it hath taken root) keep the basket in a warme place, and the grapes will continue fresh and faire a long time upon the Vine.

63. *How to dry Rose leaves, or any other single flowers, without wrinkling.*

IF you would performe the same well in Rose leaves, you must in Rose time make choice of such Roses as are neither in the bud, nor full blowne (for these have the smoothest leaves of all other) which you must especially cull and chuse from the rest; then take right Callis sand, wash it in some change of waters, and drie it thorowly well, either in an oven, or in the Sun; and having shallow, square, or long boxes of foure, five, or six inches deep, make first an even lay of sand in the bottom, upon
which

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which lay your Rose leaves one by one, (so as one of them touch another) till you have covered all the sand, then strow sand upon those leaves till you have thinly covered them all ; and then make another lay of leaves as before , and so lay upon lay, &c. Set this boxe in some warme place in a hot sunny day , (and commonly in two hot sunny dayes they will be thorow drie) then take them out carefully with your hand without breaking. Keep these leaves in jarre glasses bound about with paper neer a chimney or stove, for fear of relenting. I finde the red Rose leafe best to be kept in this manner : also take away the stalkes of pansies, stock-gilliflowers, or other single flowers, prick them one by one in sand, pressing downe their leaves smooth with more sand laid evenly upon them. And thus you may have Rose leaves, and other flowers to lay about your basons, windowes, &c. all the winter

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ter long. Also this secret is very requisite for a good Simplifier, because hee may dry the leafe of any herb in this manner, and lay it, being dry, in his Herball, with the simple which it representeth, whereby he may easily learn to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

CLusters of Grapes hanging upon lines within a close presse, will last till Easter. If they shrink, you may plump them up with a little warme water before you eat them. Some use to dip the ends of the stalks first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after hanging them within a presse or cupboard, which would stand in such a roome (as I suppose)

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suppose) where the grapes might not freeze : for otherwise you must be forced now and then to make a gentle fire in the room, or else the Grapes will rot and perish.

65. How to keep walnuts a long time plump and fresh.

MAke a lay of the dry stampings of crabs when the verjuice is pressed from them, cover that lay with Walnuts, and upon them make another lay of stampings, and so one lay upon another, till your vessell be full wherein you mean to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit upon the kernels of dry walnuts.

GAther not your Walnuts before they be full ripe, keep them with-
out

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out any art untill New-yeers tide, then break the shels carefully, so as you deface not the kernels: (and therefore you must make choise of such Nuts as have thin shels) whatsoever you find to come away easily, remove it: steep these kernels in conduit water forty eight houres, then will they swell, and grow very plump and faire, and you may pill them easily, and present them to any friend you have for a New-yeeres gift: but being pilled, they must be eaten within two or three houres, or else they lose their whitenesse and beauty; but unpilled, they will last two or three dayes faire and fresh. This of a kind Gentle-woman, whose skil I doe highly commend, and whose case I doe greatly pitie; such are the hard fortunes of the best wits and natures in our dayes.

67. *How to keep Quinces in a most excellent manner.*

MAke choise of such as are sound, and gathered in a fair, dry, and sunny day, place them in a vessell of wood containing a firkin or thereabout, then cover them with penny ale, and so let them rest: and if the liquor carry any bad scum, after a day or two rake it off: every ten or twelve dayes let out your penny ale at a hole in the bottome of your vessell, stop the hole, and fill it up again with fresh penny ale: you may have as much for two pence at a time as will serve for this purpose. These Quinces being baked at Whitsontide, did taste more daintily then any of those which are kept in our usuall decoctions or pickles.

Also if you take white wine lees that are neat (but then I feare you must get them of the merchants, for your Taverns do hardly afford any)
you

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you may keep your Quinces in them very faire and fresh all the yeer, and therein also you may keep your Barberries both full and fair coloured.

68. Keeping of Pomegranats.

Make choice of such Pomegranats as are sound, and not prickt, as they term it; lap them over thinly with wax, hang them upon nails, where they may touch nothing, in some cupboard or closet in your bed-chamber, where you keep a continuall fire; and every three or foure dayes turn the under sides uppermost: and therefore you must so hang them in pack-thred, that they may have a bow-knot at each end. This way Pomegranats have been fresh till Whitson-tide.

69. Preserving of Artichokes.

Cut off the stalks of your Artichokes within two-inches of the
Apple:

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Apple : and of all the rest of the stalkes make a strong decoction, slicing them into thin and small slices, and keepe them in this decoction: when you spend them, you must lay them first in warm water, and then in cold, to take away the bitterneffe of them. This of *M. Parsons*, that honest and painefull practiser in this profession.

In a mild and warm winter, about a moneth or three weekes before Christmas, I caused great store of Artichokes to be gathered with their stalkes in their full length as they grew : and making first a good thick lay of Artichoke leaves in the bottom of a large and great vessell, I placed my Artichokes one upon another, as close as I could couch them, covering them over a pretty thicknesse with Artichoke leaves : those Artichokes were served in at my Table all the Lent after, the Apples being red and sound, onely the tops of the leaves a little vaded.

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vaded, which I did cut away.

70. Fruit preserved in pitch.

DWayberries, that doe somewhat resemble black Cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung up by their stalks, will last a whole yeer. *Probat. per M. Parsons the Apothecary.* Prove what other fruits will also be preserved in this manner.

71. To make Clove or Cinamon Sugar.

Lay pieces of Sugar in close boxes amongst sticke of Cinamon, Cloves, &c. and in short time it will purchase both the taste and sent of the spice. *Probat. in Cloves.*

72. Hasell

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72. Hasell Nuts kept long.


A Man of great yeers and experience assured me, that Nuts may be kept a long time with full kernels by burying them in earthen pots well stopt a foot or two in the ground: they keep best in gravelly or sandy places. But these Nuts, I am sure, will yeeld no oyle, as other Nuts will that wex dry in the shels with long keeping.

73. Chesnuts kept all the year.

After the bread is drawn, disperse your Nuts thinly over the bottom of the Oven, and by this means, the moisture being dryed up, the Nuts will last all the year: If at any time you perceive them to relent, put them into your Oven again, as before.

SECRETS IN DISTILLATION.

1. *How to make true spirit of wine.*

 Take the finest paper you can get, or else some virgin parchment; straine it very right and stiffe over the glasse body, wherein you put your Sack, Malmſie, or Muscadine; oyle the paper or virgin parchment with a pencill moistened in the oyle of Ben, and distill it in balneo with a gentle fire, and by this meanes you shall purchase onely the true spirit of wine. You shall not have above two or three ounces at the most out of a gallon of wine, which ascendeth in the forme of a cloud, without any dew.

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dew or veines in the helme : lute all the joints well in this distillation. This spirit will vanish in the aire, if the glasse stand open.

2. *How to make the ordinary spirit of wine, that is sold for five shillings, and a noble a pint.*

Put Sack, Malmſie, or Muscadine into a glasse body, leaving one third or more of your glasse emptie, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire : draw no longer then till all or most part will burne away, which you may prove now and then by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helm : and if your spirit thus drawn hath any phlegme therein, then rectifie or re-distill that spirit again in a lesser body, or in a bolt receiver in stead of another body, luting a small head on the top of the

E 2 steele

Secrets in Distillation.

steel thereof, and so you shall have a very strong spirit : or else, for more expedition, distill five or six gallons of wine by Limbeck ; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. Spirits of Spices.

Distill with a gentle heat, either in balneo, or ashes, the strong and sweet water, wherewith you have drawn oyle of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. Spirit of wine tasting of what Vegetables you please.

Macerate Rosemary, Sage, sweet Fennell seeds, Marjoram, Limon, or Orange pils, &c.
in

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in spirit of wine a day or two, and then d still it over again, unlesse you had rather have it in his proper colour; for so you shall have it upon the first infusion, without any farther distillation: and some young Alchymists do hold these for the true spirits of Vegetables.

5. How to make the water, which is usually called Balm-water.

TO every gallon of claret wine put one pound of green balm. Keep that which cometh first, and is cleereſt, by it ſelf: and the ſecond and whiter ſort, which is weakeſt, and cometh laſt by it ſelf: diſtil in a pewter Limbeck luted with paſte to a braſſe pot. Draw this in May or June, when the herb is in his prime.

6. Roſa Solis.

TAke of the herb Roſa Solis, gathered in July, one gallon, pick

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pick out all the black moats from the leaves ; Dates, halfe a pound ; Cinamon, Ginger, Cloves, of each one ounce ; graines, halfe an ounce ; fine sugar, a pound and a halfe ; red Rose leaves green or dried, foure handfuls : steep all these in a gallon of good *Aqua composita*, in a glasse close stopped with waxe during twenty dayes : shake it well together once every two dayes. Your sugar must bee powdered, your spices bruised onely, or grosse-ly beaten, your Dates cut in long slices, the stones taken away. If you adde two or three grains of Amber-greece, and as much Muske in your glasse among the rest of the ingredients, it will have a pleasant smell. Some adde the Gum-amber, with Corall and Pearle finely powdered, and fine leafe gold. Some use to boyle Ferdinando-buck in Rose water, till they have purchased a faire deepe crimson colour : and when the same is cold, they colour

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lour their *Rosa Solis* and *Aqua Rubea* therewith.

7. Aqua Rubea.

TAke of Musk six grains ; of Cinnamon and Ginger, of each one ounce ; white Sugar-candie, one pound : powder the sugar, and bruise the spices grossely, bind them up in a clean linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt. twentie foure houres, shaking them together divers times : then put thereto of Turnesole one dram ; suffer it to stand one houre, and then shake all together : then if the colour like you after it is settled, powre the clearest forth into another glasse : but if you will have it deeper coloured, suffer it to work longer upon the Turnesole.

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8. Doctor Steven's *Aqua composita.*

TAKE a gallon of Gascoin wine, of Ginger, Galingale, Cinamon, Nutmegs, and Grains, Annis-seeds, Fennel-seeds, and Carroway-seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomil, Lavender, of each a handfull; bray the spices small, and bruise the herbs, letting them macerate twelve hours, stirring it now and then: then distill by a Lymbeck of pewter, keeping the first cleer water that cometh by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of wine.

9. *usque-bath, or Irish Aqua vite.*

TO every gallon of good *Aqua
composita*, put two ounces of
chosen

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chosen Liquorice bruised, and cut into small pieces, but first cleansed from all his filth, & two ounces of Anniseeds that are clean and bruised: let them macerate five or six dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleer, dissolving in that cleer *Aqua vitæ* five or six spoonfuls of the best Malassoes you can get, (Spanish Cure, if you can get it, is thought better then Malassoes) then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raisins of the Sun to this receipt. Those grounds which remain you may re-distill, and make more *Aqua composita* of them, and of that *Aqua composita* you may make more Usque-bath.

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10. *Cinamon water.*

HAving a copper body or brasse pot that will hold twelve gallons, you may well make two or three gallons of Cinamon water at once. Put into your bodie over night six gallons of conduit water, and two gallons of spirit of wine; or, to save charge, two gallons of spirit drawn from wine lees, ale, or low wine, six pound of the best & largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck, and begin with a good fire of wood and coales, till the vessell begin to distill, then moderate your fire, so as your pipe may drop apace, and run trickling into the receiver, but blow not at any time. It helpeth much herein to keep the water in the bucket not too hot,
by

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by often change thereof: it must never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the spirit which first ascendeth, and wherein you find either no taste, or very small taste of the Cinamon; then may you boldly, after the spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the Receiver, and then divide often by halfe pints, and quarters of pints, lest you draw too long: which you shall know by the faint taste and milkie colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you have drawne so much as you finde good, you may adde thereunto so much of your spirit that came before your Cinamon water, as the same will well beare, which you must finde by your taste. But if your spirit and your Cinamon be both good, you may of the
afore-

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aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon water. Here note, that it is not amisse to obſerve which glaſſe was firſt filled with the ſpirit that aſcended, and ſo of the ſecond, third, and fourth: and when you mix, begin with the laſt glaſſe firſt, and ſo with the next, becauſe thoſe have more taſte of the Cinamon then that which came firſt; and therefore more fit to be mixed with your Cinamon water. And if you mean to make but eight or nine pints at once, then begin but with the halfe of this proportion. Alſo that ſpirit which remaineth unmixed, doth ſerve to make Cinamon water the ſecond time. This way I have often proved, and found moſt excellent. Take heed that your Limbeck be clean, and have no manner of ſent in it, but of Wine or Cinamon; and ſo likewiſe of the glaſſes funnels, and pots which you ſhall uſe about this work.

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11. *How to distill Isop, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.*

HAVING a large pot containing twelve or fourteen gallons, with a Limbeck to it, or else a copper bodie, with a serpentine of twenty, or twenty four gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua vitae*, fill two parts thereof with faire water, and one other third part with such herbs as you would distill; the herbs being either moist or drie, skilleth not greatly whether; let the herbs macerate all night, and in the morning begin your fire; then distill as before in Cinamon water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer then you feele a strong and sensible taste of the

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the herb which you distill, alwayes dividing the stronger from the weaker, and by this means you shall purchase a water far excellling any that is drawn by a common pewter Still: you may also gather the oyle of each herb, which you shall find fleeting on the top or summity of your water. This course agreeth best with such herbs as are not in taste, and will yeeld their oyl by distillation.

12. How to make the salt of herbs.

Burn whole bundles of dried Rosemary, Sage, Ilop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharp lee of those ashes, then evaporate that lee, and the residue or setting which you finde in the bottom thereof is the salt which you seek for. Some use to filter this lee
divers

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divers times before evaporation, that their salt may be the cleerer and more transparent. This salt, according to the nature of the herb, hath great effect in physick.

13. Spirit of Honey.

Put one part of honey to five parts of water; when the water boileth, dissolve your honey therein, scum it, and having sodden an houre or two, put it into a wooden vessell, and when it is but bloud warm, set it on work with yeast after the usuall manner of beer and ale; tun it, and when it hath lied some time, it will yeeld his spirit by distillation, as wine, beer, and ale will do.

14. To distill Rose water at Michaelmas, and to have as good yeeld as at any other time of the year.

IN the pulling of your Roses, first divide all the blasted leaves; then take

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take the other fresh leaves, and lay them abroad upon your table or windowes, with some cleane linnen under them, let them lie three or foure houres, or if they be dewey, untill the dew be fully vanished: put these Rose leaves in great stone pots, having narrow mouthes, and well leaded within, (such as the Gold-finers call their hookers, and serve to receive their *Aqua fortis*, be the best of all others that I know;) and when they are well filled, stop their mouthes with good corkes, either covered all over with waxe or molten brimstone, and then set your pot in some coole place, and they will keep a long time good, and you may distill them at your best leisure. This way you may distill Rose water good cheape. If you buy store of Roses, when you finde a glut of them in the Market, whereby they are sold for seven pence or eight pence the busheill, you then engrosse

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engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose vinegar, without the addition of any common vinegar. I have known Rose leaves kept well in Rondlets that have been first well seasoned with some hot liquor and Rose leaves boiled together, and the same pitched over on the outside, so as no aire might penetrate or pierce the vessell.

15. A speedy distillation of Rose water.

STamp the leaves, and first distill the juice, being expressed, and after distill the leaves, and so you shall dispatch more with one Still, then others doe with three or foure

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four Stills. And this water is every way as medicinable as the other, serving in all syrups, decoctions, &c. sufficiently; but not altogether so pleasing in smell.

16. *How to distill wine-vinegar, or good Aligar, that may be both cleere and sharp.*

I know it is an usuall manner among the novices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters: but this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand and ashes. Note, that the best
part

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part of the vinegar is the middle part that ariseth; for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth he-
vie toward the latter end, and must be urged up with a great fire: and therefore you must now and then taste of that which cometh both in the beginning and towards the latter end, that you may receive the best by it selfe.

17. How to draw the true spirit of Roses, and so of all other herbs and flowers.

MAcerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse bodies luted to their helmes (haply a Limbeck

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beck will doe better, and rid faster) and draw so long as you finde any sent of the Rose to come : then redistill or rectifie the same so often, til you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses only, and after distill the same.

18. An excellent Rose water.

UPon the top of your glasse body straine an hair cloth, and upon that lay good store of Rose leaves, either dry or halfe dry ; and so your water will ascend very good both in smell, and in colour. Distill either in balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves. This may also be done in a leaden Still, over which, by reason of the breadth, you may place more leaves.

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19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walm or two, then it will grow cleer : before it be cooled powre away the cleered filter with a peece of cotten, and then evaporate your filtered juice till it come to a thick substance : and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower ; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRy the herb or flower, and distill the same in faire water in a Lim-

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a Limbeck, draw no longer then you finde sent in the water that issueth, re-iterate that water upon fresh herbs, and distill as before, dividing the sweetest from the rest.

21. A Scottish hand-water.

Put thyme, lavender and rosemary confusedly together, then make a lay of thick wine lees in the bottom of a stone pot, upon which make another lay of the said herbs, and then a lay of lees, and so forward: lute the pot well, bury it in the ground for six weeks, distil it, & it is called Dames-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. How to draw the bloud of herbs.

Stamp the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herb onely) nip or else lute the glasse

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glasse very well: digest it in balneo 15 or 16 dayes, and you shall finde the same very red: divide the waterish part, and that which remaineth is the bloud or essence of the herb.

23. *Rose water, and yet the Rose leaves not discoloured.*

YOU must distill in balneo, and when the bottom of your pewter Stil is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and as soon as those are distilled, put in more. I know not whether your profit will require your labour, yet accept of it as a new conclusion.

24. *How to recover Rose water, or any other distilled water that hath gotten a mother, and is in danger to be mustie.*

INfuse your water upon fresh Rose leaves, or upon Rose cakes broken all

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all in pieces, and then after maceration for three or four hours with a gentle fire re-distill your water. Do this in a Limbeck; take heed of drawing too long for burning, unlesse your Limbeck stand in balneo.

25. *To draw both good Rose water, and oyle of Roses together.*

After you have digested your Rose leaves by the space of three moneths, *sicut ante numero 13.* either in barrells or hookers, then distill them with faire water in a Limbeck; draw so long as you can finde any excellent smell of the Rose, then divide the fatty oyle that flecth on the top of the Rose water, and so you have both excellent oyle of Roses, and also good Rose water together, and you shall also have more water then by the ordinary way

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way : and this Rose water extendeth farther in physical compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyle of *Lignum Rhodium* this way, saving that you shall not need to macerate the same above four and twenty houres in your water or menstruum before you distill. This oyl hath a most pleasing smell, in a manner equall with the oyl of Roses.

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1. *To souse a young Pig.*



Take a young Pig, being scalded, boil it in faire water and white wine ; put thereto some Bay leaves, some whole Ginger, some Nutmegs quartered, and a few whole Cloves : boil it thorowly, and leave it in the same broth, in an earthen pot.

2. *Aliter.*

Take a Pig, being scalded : collar him up like Brawn, and lap your collars in faire clothes : when the flesh is boiled tender, take it out, and put it in cold water and salt, and that will

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will make the skin white: make following drink for it with a quart of white wine, and a pottle of the same broth.

3. *To boil a Flounder or Pickerell after the French fashion.*

TAKE a pint of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper seasoned with verjuice, salt, and a piece of sweet butter, and so serve it. This broth will serve to boil fish twice or thrice in.

4. *To boil Sparrows or Larks.*

TAKE two ladles full of mutton broth, a little whole Mace: put into it a peece of sweet butter, a handfull of Parsley, being picked: season it with Sugar, Verjuice, and a little Pepper.

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5. To boyle a Capon in white broth.

BOyle your Capon by it selfe in fair water: then take a ladle full or two of mutton broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, a little marrow: thicken it with Almonds, season it with sugar and a little verjuice: boyle a few Currants by themselves, and a Date quartered (lest you discolour your broth) and put it on the brest of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with cream, or with yolks of eggs; garnish your dishes on the sides with a Limon sliced, and sugar.

6. To boile a Mallard, Teal, or Wygen.

TAke mutton broth, and put it into a pipkin: put into the belly

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lie of the fowl a few sweet herbs, and a little Mace: stick half a dozen of Cloves in his brest, thicken it with a toast of bread steeped in verjuice, season it with a little pepper, and a little sugar; also one Onion minced small is very good in the broth of any water fowl.

7. To boil a leg of mutton after the French fashion.

TAKE all the flesh out of your leg of mutton, or at the butt end, preserving the skinn whole, and mince it small with Oxe suet and marrow: then take grated bread, sweet creame, and yolks of egges, and a few sweet herbs; put unto it Currants and Raisins of the Sun; season it with Nutmegs, Mace, Pepper, and a little sugar, and so put it into the leg of mutton again where you took it out, and stew it in a pot with a marrow-bone or two: serve

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in the marrow bones with the stewed broth and fruit, and serve in your leg of Mutton dry with Carret roots sliced, and cast grosse Pepper upon the roots.

8. To boil Pigs-pettitoes on the French fashion.

BOile them, and slice them, being first rouled in a little batter, your batter being made with the yolk of an egge, two spoonfuls of sweet cream, and one spoonfull of flower: make sawce for it with Nutmeg, Vinegar, and Sugar.

9. To boyl Pigeons with Rice.

BOile them in Mutton broth, putting sweet herbs in their bellies: then take a little Rice, and boile it in Cream, with a little whole mace; season it with Sugar, lay it thick on their breasts, wringing also the juice of
of

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of a Limon upon them, and so serve them.

10. *To boile a chine of Veale or
Chicken in sharp broth
with herbs.*

Take a little Mutton broth, white Wine, and Verjuice, and a little whole Mace: then take Lettuce, Spinage, and Parsley, and bruise it, and put it into your broth, seasoning it with Verjuice, Pepper, and a little Sugar, and so serve it.

11. *To make Beaumanger.*

Take the brawn of a Capon, tose it like wooll; then boile it in sweet creame with the whites of two eggs, and being well boiled, hang it in a cloth, and let the whey run from it: then grinde it in an Alabaster mortar with a wooden pestell; then draw it thorow a thin strainer

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with the yolks of two eggs, and a little Rose water : then set it on a chafing-dish with coals, mixing four ounces of sugar with it ; and when it is cold, dish it up like Almond-butter, and so serve it.

12. To make a Polonian Sawfedge.

TAKE the fillets of an Hog, chop them very small with a handfull of red Sage, season it hot with Ginger and Pepper, and then put it into a great sheeps gut ; then let it lie three nights in brine ; then boyle it, and hang it up in a chimney where fire is usually kept : and these Sawfedges will last a whole yeer. They are good for sallads, or to garnish boiled meats, or to make one relish a cup of wine.

13. To

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13. To make tender and delicate Brawne.

Put collars of brawne in kettles of water, or other apt vessels, into an Oven, heated as you would for household bread : cover the vessels, and so leave them as long in the Oven, as you would doe a batch of bread. A late experience amongst Gentle-women, far excelling the old manner of boyling Brawne in great and huge kettles. *Quære*, if (putting your liquor hot into the vessels, and the Brawne a little boiled first) by this means you shall not give great expedition to your work.

14. Paste made of Fish.

Incorporate the body of salt fish, Stock fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, I singlase, &c.

F s and

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and with proper spices agreeing with the nature of every severall fish ; and of that paste mould off the shapes and forms of little fishes; as, of the Roch, Dace, Perch, &c. and so by art you may make many little fishes out of one great and naturall fish.

15. *How to barrell up Oysters, so as they shall last for six moneths sweet and good, and in their naturall taste.*

OPen your Oysters : take the liquor of them, and mix a reasonable proportion of the best white wine Vinegar you can get, a little Salt, and some Pepper ; barrell the fish up in small caskes, covering all the Oysters in this pickle, and they will last a long time. This is an excellent means to convey Oysters unto dry townes, or to carry them in long voyages.

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16. *How to keep fresh Salmon a whole
moneth in his perfect taste
and delicacy.*

First see the your Salmon according to the usuall manner: then sinke it in apt and close vessels in wine Vinegar, with a branch of Rosemary therein. By this meanes Vintners and Cooks may make profit thereof when it is scarce in the Markets: And Salmon, thus prepared, may be profitably brought out of Ireland, and sold in London, or else where.

17. *Fish kept long, and yet to eat
short and delicately.*

FRy your fish in oyle: some commend rape oyl, & some the sweetest Civill oyl that you can get: for the fish will not taste at all of the oyl
because

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because it hath a waterish body, and oyle and water make no true unity: then put your fish in white wine vinegar, and so you may keep it for the use of your table any reasonable time.

18. *How to keep roasted beefe a long time sweet and wholesome.*

THis is also done in wine vinegar, your peeces being not over great, and well and close barrellled up. This secret was fully proved in that honourable voyage unto Cales.

19. *How to keep powdered beef five or six weeks after it is sodden, without any charge.*

When your beefe hath been well and thorowly powdered by ten or twelve dayes space, then see the it thorowly, dry it with a cloth,

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cloth, and wrap it in dry clothes, placing the same in close vessels and cupbords, and it will keep sweet and sound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

20. *A conceit of the Authors, how beef may be carried at the sea, without that strong and violent impression of salt, which is usually purchased by long and extreme powdering.*

Here, with the good leave and favour of those courteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatise; I will make bold to lanch a little from the shore, and try what may be done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victuals, as for want of this skill
do

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doe oftentimes meerly perish, or else by the extreme piercing of the salt, doe lose even their nutritive strength and vertue: and if any future experience doe happen to controule my present conceit, let this excuse a Scholar, *Quod in magnis, est voluisse satis*. But now to our purpose: Let all the bloud be first well gotten out of the Beefe, by leaving the same some nine or ten dayes in our usuall brine: then barrell up all the pieces in vessells full of holes, fastening them with ropes at the sterne of the ship, and so dragging them thorow the salt sea water, (which, by his infinite change and succession of water, will suffer no putrefaction, as I suppose) you may haply finde your beef both sweet and savoury enough when you come to spend the same. And if this happen to fall out true upon some tryall thereof had, then either at my next impression, or when I shall be urged thereunto
upon

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upon any necessity of service, I hope to discover the means also whereby every ship may carry sufficient store of victuall for her selfe in more close and convenient carriages then those loose vessels are able to perform. But if I may be allowed to carry either roasted or sodden flesh to the sea, then I dare adventure my poor credit therein, to preserve, for six whole moneths together, either Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as fresh as wee doe now usually eat them at our tables. And this I hold to be a most singular and necessary secret for all our English Navie; which at all times, upon reasonable terms, I will be ready to disclose for the good of my Countrey.

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21. *How to make sundry sorts of most dainty Butter, having a lively taste of Sage, Cinamon, Nutmegs, Mace, &c.*

THIS is done by mixing a few drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter: for oyl and Butter will incorporate and agree very kindly and naturally together. And how to make the said oyls, with all necessary vessels, instruments, and other circumstances, by a most plain and familiar description, See my Jewell house of Art and Nature, under the Title of Distillation.

22. *How to make a larger and daintier Cheese of the same proportion of milk then is commonly used or known by any of our best Dairy women at this day.*

HAVING brought your milk into Curds by ordinary renet, either break

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breake them with your hands according to the usuall manner of other Cheeses, and after, with a fleeting dish, take away as much of the whey as you can; or else put the curds without breaking into your moat: let them so repose one houre, or two, or three; and then, to a Cheese of two gallons of milke, adde a weight of ten or twelve pound: which weight must rest upon a cover that is fit with the moat or case; wherein it must truely descend by degrees, as you increase your weight, or as the curds doe sinke and settle. Let your curds remaine so all that day and night following, untill the next morning: and then turne your Cheese or curds, and place your weight again thereon, adding from time to time some more weight, as you shall see cause. Note, that you must lay a cloth both under and over your curds at the least, if you will
not

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not wrap them all over, as they doe in other Cheeses, changing your cloth at every turning. Also if you will worke in any ordinary moat, you must place a round and broad hoop upon the moat, being just of the selfe same bignesse or circumference, or else you shall make a very thinne Cheese. Turne these Cheeses every morning and evening, or as often as you shall see cause, till the whey be all run out; and then proceed as in ordinary Cheeses. Note, that these moates would bee full of holes, both in the sides and bottome, that the whey may have the speedier passage. You may also make them in square boxes full of holes, or else you may devise moates or cases, either round or square of fine wicker; which, having wicker covers, may, by some sleight, be so stayed, as that you shall need onely morning and evening to
turne

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turne the wrong side upward , both the bottomes being made loose, and so close and fitting, as they may sinke truely within the moat or mould by reason of the weight that lyeth thereon. Note, that in other Cheeses, the cover of the moate shutteth over the moate : but in these the covers descend , and fall within the moats. Also your ordinary Cheeses are more spongius and full of eyes then these , by reason of the violent pressing of them ; whereas, these Cheeses setting gently and by degrees, doe cut as close and as firme as Marmelade. Also in those Cheeses which are pressed out after the usuall manner, the whey that cometh from them, if it stand a while , will carry a creame upon it, whereby the Cheese must of necessity be much lesse, and (as I ghesse) by a fourth part : whereas the whey that cometh from these new kinde of Cheeses

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Cheeses is like faire water in colour, and carryeth no strength with it. Note also, that if you put in your curds unbroken, not taking away the whey that issueth in the breaking of them, that so the Cheeses will yet be so much the greater: but that is the more troublesome way, because the curds being tender, will hardly endure the turning, unlesse you be very careful. I suppose, that the Angelores in France may be made in this manner in small baskets; and so likewise of the Parmeesan: and if your whole Cheeses consist of unflatten milke, they will be full of butter, and eat most daintily, being taken in their time, before they be too dry: for which purpose you may keepe them, when they begin to grow dry, upon greene rushes or nettles. I have robbed my wifes Dairy of this secret, who hath hitherto refused all recompences that have beene offered her

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her by Gentle-women for the same, and had I loved cheese my selfe so well as I like the receipt, I think I should not so easily have imparted the same at this time. And yet I must needs confesse, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have been willing to publish this with some other secrets of worth, for the which I have many times refused good store both of crownes and angels. And therefore let no Gentle-woman think this book too deer, at what price soever it shall be valued upon the sale thereof: neither can I esteeme the work to be of lesse then twenty yeers gathering.

23. Clouted cream.

TAke your milk being new milked, and presently set it upon the fire from morning untill the evening

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evening, but let it not seethe : and this is called my Lady Youngs clowted creame.

24. Flesh kept sweet in Summer.

YOU may keep Veal, mutton, or Venison in the heat of Summer nine or ten dayes good, so as to be newly and fair killed, by hanging the same in an high and windy roome. (And therefore a plate cupboard full of holes, so as the wind may have a thorow passage, would be placed in such a room, to avoid the offence of Fly-blows.) This is an approved secret, easie and cheap, and very necessary to be known and practised in hot and tainting weather. Veal may be kept ten dayes in bran.

25. Mustard-meale.

IT is usuall in Venice to sell the meal of Mustard in their Markets,

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as we do flowr and meal in England: this meal, by the addition of vinegar, in two or three dayes becometh exceeding good mustard; but it would be much stronger and finer, if the husks and huls were first divided by searce or boulder: which may easily be done, if you dry your seeds against the fire before you grind them. The Dutch iron hand-mils, or any ordinary Pepper-mill may serve for this purpose. I thought it very necessary to publish this manner of making your sawce, because our mustard, which we buy from the Chandlers at this day, is many times made up with vile and filthy vinegar, such as our stomacks would abhorre, if we should see it before the mixing thereof with the seeds.

26. *How to avoid smoak in broyling of Bacon, Carbonado, &c.*

MAke little dripping-pans of paper, pasting up the corners with starch

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starch or paste: wet them a litle in water, (but Pope *Pius Quintus* his Cooke will have them touched over with a feather first dipped in oyle or molten butter :) lay them on your grid-iron, and place therein your slices of Bacon, turning them as you see cause. This is a cleanly way, and avoideth all smoak. In the same manner you may also broile thin slices of Polonian Sawledges, or great Oysters ; for so were the Popes Oysters dressed. You must be carefull that your fire under the grid-iron flame not, lest you happen to burn your dripping pans: and therefore all cole-brands are here secluded.

27. *The true bottling of Beere.*

WHen your Beere is ten or twelve dayes old, whereby it is growne reasonable cleere, then

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then bottle it, making your corks very fit for your bottles, and stop them close : but drink not of this beer, till they begin to work again, and mantle, and then you shall finde the same most excellent and spritely drink : and this is the reason why bottle ale is both so windy and muddy, thundering and smoaking upon the opening of the bottle, because it is commonly bottled the same day that it is laid into the cellar ; whereby its yeast, being an exceeding windy substance, being also drawn with the ale not yet fined, doth incorporate with the drink, and maketh it also very windy: and this is all the lime and gun-powder wherewith bottle ale hath been a long time so wrongfully charged.

28. *How to help your bottles when they are musty.*

SOME put them in an oven when the bread is newly drawn, closing
G up

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up the oven, and so let them rest till morning. Others content themselves with scalding them in hot liquor only till they be sweet.

29. How to break whites of eggs speedily.

A Fig or two shred in pieces, and then beaten amongst the whites of eggs will bring them into an oyle speedily : some break them with a stubbed rod ; and some by wringing them often thorow a sponge.

30. How to keep flies from oyle peeces.

A Line limed over, and strained about the crest of oyle peeces or pictures, will catch the flies, that would otherwise deface the pictures. But this Italian conceit, both for the rarenesse and use thereof, doth please

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please me above all other; viz. Prick a cucumber full of barley cornes, with the small spiring ends outward: make little holes in the cucumber first with a wooden or bone bodkin, and after put in the grain: these, being thick placed, will in time cover all the cucumber, so as no man can discern what strange plant the same should be. Such cucumbers are to be hung up in the midst of Summer rooms, to draw all the flies unto them, which otherwise would flie upon the pictures or hangings.

31. *To keep Lobsters, Crabfishes, &c.
sweet and good for some
few dayes.*

THese kindes of fish are noted to be of no durability or lasting in warme weather: yet to prolong their dayes a little, though I fear I shall raise the price of them by the

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discovery amongst the Fishmongers (who onely in respect of their speedy decay, doe now and then afford a penny worth in them) if you wrap them in sweet and course rags first moistned in brine, and then bury these clothes in Callis sand, that is also kept in some cool or moist place: I know by mine own experience, that you shall finde your labour well bestowed; and the rather, if you lay them in severall clothes, so as one doe not touch the other.

32 Divers excellent kindes of bottle Ale.

I Cannot remember that ever I did drinke the like sage Ale at any time, as that which is made by mingling two or three drops of the extracted oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another.

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ther : and this way a whole stand of Sage ale is very speedily made. The like is to be done with oyle of Mace or Nutmegs. But if you will make a right Gossips cup, that shall farre exceed all the Ale that ever mother *Bunch* made in her life time, then in the bottling up of your best Ale, tun halfe a pint of white Ipocrasse that is newly made, and after the best receipt, with a pottle of Ale : stop your bottle close, and drink it when it is stale. Some commend the hanging of roasted Orenge prick full of Cloves in the vessell of Ale, till you find the taste thereof sufficiently graced to your own liking.

33. *How to make worme-wood wine
very speedily, and in great
quantitie.*

TAke small Rochell or Coniacke wine, put a few drops of the

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extracted oyle of wormwood therein : brew it together (as before is set down in bottle Ale) out of one pot into another, and you shall have a more neat and wholesome wine for your body, then that which is sold at the Still-yard for right wormwood wine.

34. Rose water and Rose vinegar of the colour of the Rose, and of the Cowslip, and Violet vinegar.

IF you would make your Rose water and Rose vinegar of a ruby colour, then make choice of the crimson velvet coloured leaves, clipping away the whites with a paire of sheeres ; and being thorow dried, put a good large handfull of them into a pint of Damaske or red Rose-water : stop your glasse well, and set it in the Sun till you see that the leaves have lost their colour : or, for more expedition, you may performe this work in balneo in a few houres,
and

Cookery and Huswifery.

and when you take out the old leaves, you may put in fresh, till you find the colour to please you. Keep this Rose water in glasses very well stoppt ; the fuller the better. What I have said of Rose water, the same may also be intended of Rose vinegar, Violet, Marigold, and Cowslip vinegar ; but the whiter vinegar you chuse for this purpose, the colour thereof will be the brighter : and therefore distilled vinegar is best for this purpose, so as the same be warily distilled with a true division of parts, according to the manner expressed in this book in the distillation of vinegar.

35. *To keep the juice of Orengees and Limons all the yeer for sauce, Fu-
lips, and other purposes.*

EXpresse their juice, and passe it thorow an Ipocrasse bagge, to clarifie it from its impurities :

Cookery and Huswifery.

then fill your glasse almost to the top; cover it closely, and let it stand so till it have done boyling: then fill up your glasse with good sallet oyle, and set it in a coole closet or buttery where no Sun cometh: The aptest glasses for this purpose are straight upright ones, like to our long beer glasses, which would be made with little round holes within two inches of the bottome to receive apt fawcets; and so the grounds or lees would settle to the bottome, and the oyle would sink down with the juice so closely, that all putrefaction would be avoided: or, in stead of holes, if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a fawcet well in the hole. You may also in this manner reserve many juices of herbs and flowers.

And because that profit and skill united do grace each other, if (courteous Ladies) your will lend eares, and follow my direction, I will here furnish

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juyce of the best Civill Oren- ges at an easie price. About Al- hollantide, or soone after, you may buy the inward pulp of Civill O- rences, wherein the juice resteth, of the Comfit-makers for a small mat- ter, who doe onely and principally respect their rindes to preserve and make Oringeadoes withall. This juice you may prepare and reserve as before.

36. *How to purifie and give an
excellent smell and taste
unto Sallet oyle.*

PUt Sallet oyle into a vessell of wood or earth, having a hole in the bottome: to every foure quarts of water adde one quart of oyle, and with a wooden spoone or spattle, beat them well together for a quar-

Cookery and Huswifery.

ter of an houre, then let out the water, preventing the oyle from issuing by stopping of the hole : repeat this work two or three times, and at the last you shall finde your oyle well cleansed or clarified. In this manner you may also clarifie capons grease, being first melted, and working with warm water : All this is borrowed of *M. Bartholomæus Scapius*, the Master Cook of Pope *Pius Quintus* his privie Kitchen. I think, if the last agitation were made in Rose water, wherein also Cloves or Nutmegs had been macerated, that so the oyle would be yet more pleasing.

Or if you set a jurre-glasse in balneo, full of sweet oyle, and some store of bruised Cloves, and rindes of Civill Orenge or Limons also therein, and so continue your fire for two or three houres, and then letting the Cloves and rindes remaine in the oyle till both the sent and taste doe please you : I think many men which at this day doe loath oyle (as
I my

Cookery and Huswifery.

I my selfe did not long since) would be easily drawn to a sufficient liking thereof.

37. *How to clarifie, without any distillation, both white and claret wine vinegar for gellies or sauces.*

TO every six pints of good wine vinegar put the whites of two new laid egges well beaten: then put all into a new leaden pipkin, and cause the same to boile a little over a gentle fire; then let it run thorow a course gelly-bag twice or thrice, and it will be very cleere, and keep good one whole yeere.

38. *To make a most delicate white salt for the table.*

First calcine or burne your white salt: then dissolve it in cleer conduit water:

Cookery and Huswifery.

water : let the water stand without stirring fortie eight hours : then carefully draw away all the cleere water onely : filter it, and after evaporate the filtered liquour, reserving the salt. Some leave out calcination.

39. A delicate candle for a Ladies Table.

CAuse your Dutch candles to be dipped in Virgin-waxe, so as their last coat may bee meerely wax : and by this meanes you may carry them in your hand without melting, and the sent of the tallow will not breake thorow to give offence : but if you would have them to resemble yellow wax candles, then first let the tallow be coloured with Turmerick boiled therein, and strained : and after your candles have been dipped therein to a sufficient greatnesse, let them take their last coat

Cookery and Huswifery.

coat from yellow wax : this may be done in a great round cane of tinplate, having a bottome, and being somewhat deeper then the length of your candles : and as your wax spendeth : you may still supply it with more.

40. How to hang your Candles in the ayre without candlestickes.

THIS will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar be conveyed in the midst of every wicke, and left of some length above the candle, to fasten the same to the posts in the rooffe of your house : and if the room be any thing high roofed, it will be hardly discerned, and the flame, though it consume the tallow, yet it will not melt the wyar.

Cookery and Huswifery.

41. *To make Rose vinegar.*

MAcerate or steep Rose leaves
in faire water, let them lye
therein till they wax fowre in
smell, and then distill
the water.

SWEET

SWEET POWDERS, OINTMENTS, BEAUTIES, &c.

1. *An excellent Damask powder.*



You may take of yroes
halfe a pound, Rose
leaves foure ounces,
Cloves one ounce, Li-
gnum Rhodium two
ounces, Storax one ounce and a half,
Musk and Civer, of each ten grains;
beat and incorporate them well to-
gether.

2. *An excellent hand water, or washing water, very cheap.*

Take a gallon of faire water, one
handfull of Lavender flowers,
a few Cloves, and some Orace
powder,

Sweet Powders,

powder, and foure ounces of Benjamin : distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the lees: a little of this will sweeten a bason of faire water for your table.

3. A ball to take staines from Linnen.

TAKE foure ounces of white hard soape, beat it in a mortar with two small Limons sliced, and as much roch Allome as an haseell Nut, roule it up in a ball; rub the staine therewith; and after fetch it out with warme water, if need be.

4. A sweet and delicate Pomander.

TAKE two ounces of Labdanum; of Benjamin and Storax, one ounce: Muske, six grains; Civer, six grains:

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grains : Amber greese , six grains : of Calamus, Aromaticus, and Lignum Aloes, of each the weight of a groat : beat all these in a hot mortar, and with an hot pestell, till they come to paste : then wet your hand with rose water, and roul up the paste suddenly.

5. To take staines out of ones hands presently.

YOU may doe this with the juyce of Sorrell, washing the stained place therein.

6. To take away spots and freckles from the face or hands.

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or April, with a receiver of glasse set under the boring thereof to receive the same, doth performe the same most excell-

Sweet Powders,

excellently, and maketh the skinne very cleere. This sap will dissolve pearle ; a secret not knowne unto many.

7. A white fucus or beauty for the face.

THe jaw bones of an hog or Sow well burnt, beaten, and searced thorow a fine Searce, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being laid on with the oyle of white Poppy.

8. A delicate washing ball.

TAke three ounces of Orace, half an ounce of Cypresse, two ounces of Calamus Aromaticus, one ounce of Rose leaves, two ounces of Lavender flowers : beat all these together in a mortar, searcing them thorow a fine Searce : then scrape some
castill-

Oyntments, Beauties, &c.

castill-soape, and dissolve it with some Rose water; then incorporate all your powders therewith, by labouring them well in a mortar.

9. Damaske powder.

TAKE five ounces of Orace, two ounces of Cypresse, two ounces of Calamus, half an ounce of Cloves, one ounce of Benjamin, one ounce of Rose leaves, one ounce of Storax calamitum, half an ounce of Spike flowers: mix them well together.

10. To keep the teeth both white and sound.

OF honey take a quart, as much vinegar, and halfe so much white wine: boyle them together, and wash your teeth therewith now and then.

Sweet Powders.

11. To allay heat, and cleere the face.

TAke three pints of conduit water, boyle therein two ounces of French barley ; change your water, and put in the barley again: repeat this so long, till your water purchase no colour from the barley, but become very cleere : boyle the last three pints to a quart ; then mixe halfe a pint of white wine therein ; and when it is cold, wring the juice of two or three good Limons therein ; and use the same for the morpew, heat of the face or hands , and to cleere the skin.

12. The skin of a child kept white and cleere.

WASH the face and bodie of a sucking childe with brest-milke, or Cow-milke mixed with
water,

Oyntments, Beauties, &c.

water every night, and the child's skin will wax faire and cleere, and resist Sun-burning.

13. An excellent Pomatum to cleer the skinne.

WASH Barrowes grease oftentimes in May dew that hath been clarified in the Sun till it be exceeding white: then take marsh-mallow rootes, scraping off the outsidcs: then make thinne slices of them, and mixe them; set them to macerate in a seething Balneo, and scum it well till it be thorowly clarified, and will come to rope: then strain it, and put now and then a spoonefull of May dew therein, beating it till it be thorow cold in often change of May dew: then throw away that dew, and put it in a glasse, covering it with May dew: and so reserve it to your use. Let the mallow roots be two or three dayes dried

Sweet Powders,

dryed in the shade before you use them. This I had of a great professor of Art, and for a rare and dainty secret, as the best fucus this day in use.

14. Another mincral fucus for the face.

INcorporate with a wooden pestle, and in a wooden mortar with great labour, foure ounces of sublimate, and one ounce of crude Mercury, at the least six or eight houres, (you cannot bestow too much labour herein :) then, with often change of cold water, by ablution in a glasse, take away the salts from the sublimate : change your water twice every day at the least ; and in seven or eight dayes (the more the better) it will be dulcified ; and then it is prepared. Lay it on with the oyle of white Poppy.

Oyntments, Beauties, &c.

15. *To take away Chilblains out
of the hands or feet.*

BOyle halfe a peck of oats in a quart of water till they wax dry ; then, having first anointed your hands with some good Pomatum, and well chafed them, hold them within the oates as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keep in the steame of the oats. Doe this three or four times, and you shall finde the effect. The same oats will serve to be sodden with fresh water three or four times.

16. *To help a face that is red
with pimples.*

Dissolve common salt in the juice of Limons, and with a linnen

Sweet Powders,

linnen cloth pat the patients face that is full of heat or pimples. It cureth in a few dressings.

17. Aliter.

TAKE of those little whelks or shels which some do call ginny money ; wash five or six of them, and beat them to fine powder, and infuse the juyce of Limons upon them, and it will presently boyle : but if it offer to boyle out of your glasse, then stop the mouth thereof with your finger, or blow into it. This will in a short time bee like an ointment, with which you must anoint the heat of pimples on the face oftentimes in a day, till you finde help. As the ointment dryeth, put more juice of Limons to it. This of an outlandish Gentle-woman; and it is an assured remedy, if the heat be not very extreme. Some have found by experience, that bathing
of

Oyntments, Beauties, &c.

of the face with hot vinegar every night when they goe to bed, doth mightily repell the humour.

18. Aliter.

Quilt bay salt well dryed and powdered in double linnen socks of a pretty bignesse; let the patient weare them in wide hose and shooes day and night by the space of fourteen dayes, or till hee be well: every morning and evening let him dry his socks by the fire, and put them on again.

This helped *M. Foster*, an *Essex* man, and an *Attorney* of the common Pleas within these few yeers, but now deceased; whose face was for many yeares together of an exceeding high and furious colour, of my owne knowledge, and hath spent much money in physick without any successe at all, untill hee obtained

H this

Sweet Powders,

this remedy. The patient must not take any wet of his feet during the cure.

19. Aliter & optimè.

TAKE halfe a pound of white distilled vinegar, two new-laid egges with their shels, two spoonfuls of the flowers of brimstone: let these macerate in the vinegar by the space of three dayes: then take out the egges, and prick them full of holes with a needle, but not too deep, lest any of the yolke should happen also to issue: let that liquor also mixe with the vinegar, then straine all thorow a fine cloth, and tie up the brimstone in a cloth, like a little ball; dip this ball in the strained liquor when you use it, and pat it on the place three or foure times every day: and this will cure any red face in twelve or fourteene dayes.

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dayes. Some doe also commend the same for an approved remedy against the Morpew. The brimstone ball must be kept in some close thing from the ayre.

20. How to take away any pimple from the face.

Brimstone ground with the oyle of Turpentine, and applied unto any pimple one houre, maketh the flesh to rise spongiuous: which being anointed with the thick oyle of Butter that ariseth in the morning from new milke sodden a little over night, will heale and scale away in a few dayes, leaving a faire skin behinde. This is a good skinning salve.

Sweet Powders,

21 *To help any morpew, Sun-burning, itch, or red face.*

STeep two sliced Limons, being large and faire, in a pint of conduit water: leave them foure or five dayes in infusion, covering the water; then strain the water, and dissolve therein the quantity of a hassell nut of sublimate (some hold a dram a good proportion to a pint of water) finely powdered: let the patient wet a cloth therein, and rub the place where the grief is every morning and evening a little, till the hiew doth please her. You may make the same stronger or weaker, according to good discretion.

22. *For the Morpew.*

TAke a pint of distilled vinegar, lay therein two new laid egges whole

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whole with their shels, three yellow dock roots picked and sliced, two spoonfuls of the flower of brimstone, and so let all rest three dayes : and then use this liquor, with a cloth rubbing the place three or four times every day ; and in three or four dayes it commonly helpeth : put some bran in your cloth before you moisten your cloth therein, binding it up in form of a little ball.

This of Master *Rich of Lee*, who helped himselfe and a gallant Ladie therewith in a few dayes.

23. To take away the freckles in the face.

WASH your face in the wane of the Moone with a sponge morning and evening with the distilled water of Elder leaves, letting the same dry into the skin. Your water must be distilled in May. This

Sweet Powders,

from a Traveller, who hath cured himselfe thereby.

24. *To cure any extreme bruise
upon a sore fall on the face,
or any other member
of the body.*

PResently after the fall, make a great fire, and apply hot clothes one after another, without intermission, the patient standing neere the fire for one houre and a halfe, or till the swelling be cleane abated. This I knew proved with good successe in a maid that fell downe a pair of staires, whereby all her face was extremely disfigured. Some hold opinion, that the same may be performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which doe accustomably follow all bruises, shred the root of a green or growing flower-

Oyntments, Beauties, &c.

flower-deluce : beat it with red Rose water, and grinde it till it come to a salve : apply the same, and in few houres it takes away all the colours : but if it lie too long, it will raise pimples; and therefore so soon as the colours be vanished, immediately remove the salve.

25. How to keepe the teeth clean.

CAlcine the tops and branches of Rosemary into ashes, then to one part thereof put one part of burnt Allome : mix them well together, and with thy finger, first moistened a little with thy spittle, rub all thy teeth over a pretty while every morning till they bee cleane, but not to galling of thy gummes : then sup up some faire water or white wine, gargling the same up and downe thy mouth a

Sweet Powders,

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a painfu'l gatherer of physicall receits.

26. Sweet and delicate dentifrices, or rubbers for the teeth.

Dissolve in foure ounces of warm water three or foure drams of gumme dragagant, and in one night this will become a thick substance like gelly; mingle the same with the powder of Alabaster finely ground and searced: then make up this substance into little round roules, of the bignesse of a childes arrow, and foure or five inches in length. Also if you temper Roset, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veines. These you may sweeten either with Rose water, Civet, or Muske. But if your teeth
be

Oyntments, Beauties, &c.

be very scaly, let some expert Barber first take off the scales with his instrument, and then you may keepe them clean by rubbing them with the aforesaid roubles.

And here, by those miserable experiences that I have seene in some of my neereſt friends, I am enforced to admonish all Gentle-women to be carefull how they suffer their teeth to be cleansed and made white with any *Aqua fortis*, which is the Barbers usuall water : for unlesse the same be both well allayed, and carefully applyed, shee may happen within a few dressings to be forced to borrow a rank of teeth to eat her dinner, unlesse her gums doe help her the better.

27. A delicate Stove to sweat in.

I know that many Gentle-women,
as well for the cleering of their
H 5 skins,

Sweet Powders,

skins, as cleansing of their bodies, doe now and then delight to sweat. For the which purpose, I have set downe this manner following, as the best that ever I observed: Put into a brasse pot of some good content, such proportion of sweet herbs, and of such kinde as shall bee most appropriate for your infirmitie, with some reasonable quantitie of water, close the same with an apt cover, and well luted with some paste made of flower and whites of egges: at some part of the cover you must let in a leaden pipe (the entrance whereof must also bee well luted:) this pipe must be conveyed thorow the side of the chimney, where the pot standeth in a thick hollow stake of a bathing tub crossed with hoops in the top, according to the usuall manner, which you may cover with a sheet at your pleasure. Now, the steame of the pot passing thorow the pipe under the halfe bottome of the bathing tub, which must be bored full

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full of bigge holes, will breathe so sweet and warm a vapour upon your body, as that (receiving aire, by holding your head without the tub as you sit therein) you shall sweat most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would be close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilest your body is made open and porous to the ayre.

28. *Divers sorts of sweet hand-
waters; made suddenly, or
ex tempore, with ex-
tracted oyles of
spices.*

First, you shall understand, that
wheresoever you shall draw any
of

Sweet Powders,

of the aforesaid oyles of Cinamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table : yea, some doe keep the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs, (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwayes furnish your selfe of sweet water of severall kinds, before such time as your guests shall be ready to sit down. I speak not here of the
oyle

Oyntments, Beauties, &c.

oyle of Spike, (which will extend very farre this way) both because every Gentle-woman doth not like so strong a sent, and for that the same is elsewhere already commended by another Authour. Yet I must needs acknowledge it to be the cheaper way, for that I assure my self, there may be five or six gallons of sweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the most.

29. An excellent sweet water for a casting bottle.

TAke three drams of the oyle of Spike, one dram of oyle of Thyme, one dram of oyl of Limons, one dram of oyle of Cloves, then take one graine of Civet, and three grains of the aforesaid composition well wrought together: temper them well in a silver spoone with your finger; then put the same into a
silver

Sweet Powders,

silver bowle, washing it out by little and little into the bowle with a little Rose water at once, till all the oyle be washed out of the spoone into the bowle : and then doe the like by washing the same out of the bowle with a little Rose water at once, till all the sent be gotten out, putting the Rose water still in a glasse, when you have tempered the same in a bowle sufficiently. A pint of Rose water will be sufficient to mingle with the said proportion : and if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two grains of Civet to the weight of three grains of the afore-said composition of oyles.

30. *To colour a black haire presently into a Chesnut colour.*

THis is done with oyl of Vitriol ; but you must do it very carefully, not touching the skin.

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31. *A present and delicate
perfume.*

LAy two or three drops of liquid Amber upon a glowing coale, or a piece of Lignum Aloes, Lignum Rhodium or Storax.

32. *To renew the sent of a
Pomander.*

TAke one graine of Civer, and two of Muske, or if you double the proportion, it will be so much the sweeter : grinde them upon a stone with a little Rose water ; and after, wetting your hands with Rose water, you may worke the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33. *How*

Sweet Powders,

33. How to gather and clarifie May dew.

WHen there hath fallen no rain the night before, then with a cleane and large sponge, the next morning you may gather the same from sweet herbs, grasse, or corn: straine your dew, and expose it to the Sun in glassees covered with papers or parchment pricked full of holes; straine it often, continuing it in the Sun, and in an hot place till the same grow white and cleere, which will require the best part of the Summer.

Some commend May dew gathered from fennell and celandine, to be most excellent for sore eyes: and some commend the same (prepared as before) above Rose water for preserving of fruits, flowers, &c.

Oyntments, Beauties, &c.

24. *Divers excellent sents for Gloves,
with their proportions, and other
circumstances : with the
manner of per-
fuming.*

THe Violet, the Orenge, the Limon, duely proportioned with other sents, performe this well ; so likewise of Labdanum, Storax, Benjamin.

The manner is this : First, lay your Amber upon a few coals till it begin to crack like lime : then let it coole of it selfe, taking away the coales ; then grinde the same with some yellow Ocre, till you perceive a right colour for a glove : with this mixture wash over your glove with a little haire brush upon a smooth stone in every seame, and all over : then hang your gloves to dry upon a line : then with gum Dragagant dissolved in some Rose water, and ground with a little oyl *de Ben*, or of
sweet

Sweet Powders,

' Sweet Almonds upon a stone : strike over your gloves in every place with the gum and oyle so ground together : doe this with a little sponge, but be sure the gloves be first thorowly dry, and the colour well rubbed and beaten out of the glove : then let them hang again till they be dry, which will be in short time. Then if you will have your glove to lie smooth and fair in shew, goe over it againe with your sponge, and the mixture of gumme and oyle, and dry the glove yet once againe. Then grinde upon your stone two or three graines of good Muske, with halfe a spoonfull of Rose water, and with a very little piece of a sponge take up the composition by a little and a little ; and so lay it upon your glove lying upon the stone. Pick and strain your gum Dragagant before you use it. Perfume but the one side of your glove at once, and then hang it up to dry, and then finish the other side. Ten grains of Musk will
give

Oyntments, Beauties, &c.

give a sufficient perfume to eight paire of gloves. Note also, that this perfume is done upon a thin Lambs leather glove ; and if you work upon a Kids skin, or Goats skin, which is usuall leather for rich perfumes, then you must add more quantity of the oyle of Ben to your gum, and go over the glove twice therewith.

35. Sweet bags to lie among Linnen.

Fill your bags only with Lignum Rhodium finely beaten, and it will give an excellent sent to your Linnen.

36. To make haire of a fair yellow or golden colour.

THe last water that is drawne from honey, being of a deep red colour, performeth the same
excel.

Sweet Powders,

excellently : but the same hath a strong smell, and therefore must be sweetned with some aromaticall body.

Or else the haire being first clean washed, and then moistened a pretty while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the bark of the Barbery tree ; and so it will receive a most faire and beautifull colour.

The Dog-berry is also an excellent berry to make a golden liquor withall for this purpose : beat your Allometo powder, and when the water is ready to seethe, dissolve it therein : four ounces to a pottle of water will be sufficient : let it boil a while, strain it; and this is your Allome liquor wherewith you must first prepare the hair.

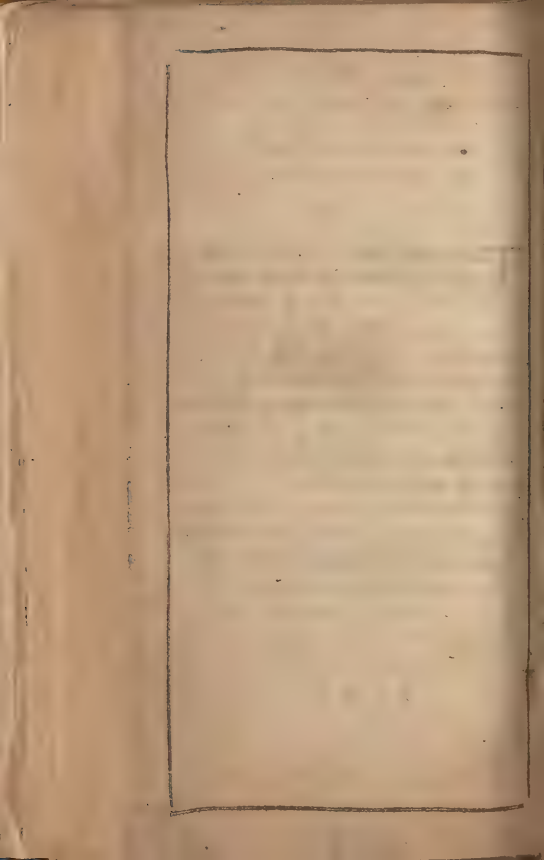
Oyntments, Beauties, &c.

37. *How to colour the head or beard
into a Chesnut colour in halfe
an houre.*

TAke one part of Lead calcined with Sulphur, and one part of quick lime ; temper them somewhat thin with water : lay it upon the hair, chafing it well in, and let it dry one quarter of an houre, or there about ; then wash the same off with fair water divers times ; and lastly, with sope and water, and it will be a very naturall haire colour : The longer it lieth upon the hair, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the haire.

Sapius expertum.

FINIS.



An especiall Note of Confectionary.

To preserve Pippins red.

TAke your best coloured Pippins, and pare them: then take a piercer, and bore a hole thro' them: then take sirup for them as much as will cover them, and so let them boyl in a broad preserving pan: put into them a piece of Cinnamon stick, and so let them boile close covered very leisurely, turning them very often: for, if you turne them not

et for Ladies

they will spot, and the
not be like the other,
hus boyle untill they
: then take them up,
and you may keepe
them all the yeare.

To preserve Pippins white.

TAKE faire large Pippins, and af-
ter Candlemas pare them, and
bore a hole thorow them, as you did
for the red ones: then make a weake
sirup for them, and so let them boyle
till they be tender, then take them
up, and boyle your sirup a little high-
er, then put them up in a Gally-pot, &
let them stand all night, and the next
morning the sirup will be somewhat
weaker: then boyle the sirup againe
to his full thicknesse, and so put them
and you may keep them all the yeare.
If you please to have them taste a
pleasant taste, more than the natu-
rall Pippin, put in one grain of musk
and one drop of the Chymicall oyle
of Clove, and that will

and Gentlemen.

them taste a more pleasant taste.

To preserve Pippins green.

TAke Pippins when they be small and green of the tree, and pare three or foure of the worst, and cut them all in peeces: then boyle them in a quait of faire water till they be pap, then let the liquor come from them, as you doe from your Quodiniacke into a Bason: then put into them one pound of Sugar clarified, and put into this as many Greene Pippins unpared as that liquor will cover, and so let them boyle softly and when you see they be boyled as tender as a quodling, then take them up, and pill off the overmost white skin, and then your Pippins will be green: then boyle them in your sirup again till the sirup be thicke: and so you may keep them all the year.

1 Closer for Ladies

To preserve Apricocks.

Apricocks take a pound, and
pound of sugar, and clarify
sugar with a pint of water; and
put into a preserving pan, and put
Apricocks into it, and so let
boyle gently: and when they
boyled enough, and your sirup
is ready, put them, and so keep them.
In the same manner you may preserve a
plum.

To preserve Mirabolans or Malacadonians,

Take your Malacadonians: stone
them, and perboile them in wa-
ter: then pill off the outward skin
of them: they will boyle as long as a
piece of beefe, and therefore you
need not feare the breaking of them;
when they bee boyled tender,
make sirup of them, and preserve
them

and Gentlemen.

them as you doe any other thing,
and so you may keepe them all the
yeare.

To preserve Pomcitrons.

OF your Pomcitrons take one
ponnd and a halfe, and cut them
some in halves, some in quarters, and
take the meat out of them, and boyle
them tender in faire water; then take
two pound of sugar being clarified,
and make sirup for them, and let
them boyle in sirup a quarter of an
houre very gently: then take them
up, and let your sirup boyle till it bee
thicke; and then put it into your Pom-
citrons, and you may keep them all
the yeare if you please, you may pare
some of them; for, some delight
them in the skin; and some, pared.

To preserve Cherries.

OF the best and fairest Cherries
take some two pound, and with
a paire of sheers clip off the

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by the midst; then wash them clean, and beware you bruise them not; then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seeth till it be somewhat thicke, then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes scumming and turning them very gently, that the one side may be like the other, untill they be enough: the which to know, you must take up some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them up, and keep them all the yeare.

To preserve Red-rose leaves.

OF the leaves of the fairest buds take halfe a pound: sift them cleane from seeds; then take a quart of water, and put it in an earthen pipki

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pipkin, and let it over the fire untill it be scalding hot ; and then take a good many of other red rose leaves, and put them into the scalding water, untill they begin to look white, and then straine them : and thus do untill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Rose-leaves, and let them seeth together till they bee enough : the which to know, is by taking some of them up in a spoone, as you doe your Cherries ; and so, when they be thorow cold put them up, and keepe them very close.

To preserve Oranges and Lemmons.

TAke your Oranges aud Lemmons large and well coloured, and take a raspe of Steele, and raspe the outward rinde from them : then lay them in water three dayes and three nights : then boyle them

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and shift them in the boyling, to take away their bitterneſſe : and when they be boyled tenderly, take two pound of ſugar clarified with a pint of water ; and when your ſirup is made, and betwixt hot and cold, put in your Lemmons and Orengeſ, and there let them be infuſed all night : the next morning, let them boyl two or three walms in your ſirup: let them not boyl too long in the ſugar, becauſe the rinds will bee tough : take your Lemons out, and boyle your ſirup thicker, and ſo when it is cold, put them up, and keep them all the year.

To preſerve Quinces.

OF your Quinces take a pound ; core them, and then perboyle them, and pill off the outermoſt white ſkin, and then weigh them, & put in to them clarified ſugar one pound, & then boyl them cloſely covered upon a very gentle fire, putting unto them a ſticke

and Gentlewomen

sticke or two of good Cinnamon
into small peeces, and so stirre them
continually, that they may be well
coloured on every side; and when the
sirup is come to the height of a per-
fect gelly, take them off the fire, and
so keep them; for the higher your si-
rup is, the better will your Quinces
keep.

To preserve Peaches.

OF your fairest and best coloured
Peaches, take a pound, and with
a wet lienen cloath wipe off the
white hoare of them; then perboyle
them in halfe a pint of white Wine,
and a pint and a halfe of running
water; and being perboyled, pill off
the white skinne of them, and then
weigh them: take to your pound of
Peaches, three quarters of a pound of
refined Sugar, and dissolve it in a
quarter of a pint of white Wine;
boyle it almost to the height

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And then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if need should require : and then put them up and keep them all the year.

To preserve Eringo roots.

TAke your Eringo roots, fair and not knotty, one pound, and wash them clean ; and when they bee washed, set them on the fire, and boyle them very tender ; pill off the outermost skin of them, but see you breake them not ; and as you pare them, put them into cold water, and let them all remaine there till all bee finished ; and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, & boile it almost unto the height of a sirup, and then put in your roots, but looke that they boyle very gently together, with a little stirring as may be, for fear of breaking, untill they bee enough.

and Gentlewomen.

enough : and when they be cold, put them up, and so keep them.

To preserve Barberries.

TAke your Barberries very faire and well coloured, and picke out every stone of them, and then weigh them : and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of red rose water, you must dissolve your Sugar, and then boyle it to a sirup; being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up; and as soone as they begin to wax coole, put them up, and they will keep their colour all the year.

To preserve Gooseberries.

YOU must take your large Berries, but not thorowly ripe; picke of all the stalkes from

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and wash them cleane : take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them, then take ten ounces of hard Sugar, and foure ounces of Sugar-candy, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thick sirup; and then put in your Gooseberries, and let them boyle a walme or two; and so betwixt hot and cold put them up, and keepe them all the yeare.

To preserve Damsons.

TAke of your Damsons large and well colored, but not thorow ripe, for then they will breake, and picke them clean, & wipe them one by one; then weigh them, and to every pound of Damsons, you must take a pound of Barbary Sugar, white & good, dissolved in half a pint or more of water, and so to the height of a sirup and

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and then put in your Damsons, keeping them with continuall scumming and stirring, and that with a silver spoone; and so let them boyle untill they be enough, upon a gentle fire: and when they be enough, take them up, and keep them all the yeare.

To preserve Raspices.

TAKE of your fairest and well coloured Raspices, and picke off their stalkes very cleane; then wash them, but in any case see that you bruise them not; then weigh them, and to every pound of Raspices, you must take six ounces of hard Sugar, and six ounces of Sugar-candy, and clarifie it with half a pint of fair water, and foure ounces of juice of Raspices being clarified: boil it to a weak sirup, and then put in your Raspices. stirring them up and downe, let them boile untill they

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that is, using them as your Cherries,
and so you may keepe them all the
year.

To preserve Enula Campana roots.

TAKE of your Enula Campana
Roots, and wash them: scrape
them very cleane, and cut them
thin to the pith, the length of your
little finger: and as you cut them, put
them in water, and let them lye in
water thirty dayes, shifting them
twice every day, to take away their
bitternesse; weigh them, and to every
pound of roots, you must take twelve
ounces of clarified Sugar, first boy-
ling your roots as tender as a Chick-
in, and then put them into your cla-
rified Sugar, and let them boyl upon a
gentle fire untill they be enough: and
so let them stand off the fire a good
while, and betwixt hot and cold put
into your use.

To

and Gentlewomen.

To preserve Saterion roots.

TAKE your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire as tender as a Quodlin. then take them off, and paire off the blackest skinne of them, and put them as you pare them into faire water, and so let them remaine one night, and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they be boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preservatives.

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To make Mannes Christi.

OF refined sugar take half a pound and some Rose-water, and boyle them together till it come to sugar againe: then stirre it about while it be somewhat cold: then take your leaf-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keep them.

To candy Ginger.

TAKE very faire and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined sugar, and boyle it to the height of sugar again: then when your sugar beginneth to be cold, take your Ginger, and stir it well about while your sugar is hard to the pan: then take it out race by race, and lay it by the fire foure houres: then take a pot, and warme it, and put the Gin
ger

and Gentewomen.

ger in it: then tye it very close, and every second morning stirre it about roundly, and it will be rocke candied in a very short space.

To candy Rose-leaves as naturally as if they grew upon the tree.

TAke of the fairest Rose-leaves, red or damaske, and on a Sunshine day sprinkle them with Rose-water, and lay them one by one, upon faire paper: then take some double refined sugar, and beat it very fine, and put it in a fine lawn searce; when you have laid abroad all the Rose-leaves in the hottest of the sun, searce sugar thinly all over them; then anon the sun will candy the sugar; then turn the leaves, and searce the sugar on the other side, and turn them often in the Sun, sometimes sprinkling Rose water & sometimes searcing sugar on them untill they bee enough, and come
your

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your liking : and being thus done,
you may keep them.

To candy Marigolds in wedges, the Spanish fashion.

TAke of the fair yellow Marigold
flowers two ounces, and shred
them, and dry them before the fire:
then take foure ounces of Sugar, and
boyl it to the height of *Manus Christi*:
then powre it upon a wet Pieplate,
and, betwixt hot and cold, cut it into
wedges: then lay them on a sheet of
white paper, and put them in a Stove.

To candy all manner of flowers in their naturall colours.

TAke the flowers with the stalks,
and wash them over with a little
Rose water, wherein Gum arabecke
is dissolved; then take fine searced
Sugar, and dust over them, and set
them

and Gentlemen.

them a drying on the bottome of a sieve in an Oven, and they will glister as if it were Sugar-candy.

*To candy all manner of Flowers,
Fruits, and Spices, the cleer
rock-candy.*

TAKE two pound of Barbary Sugar great grained, clarified with the whites of two Egges, and boyle it almost as high as for *Manus Christi*: then put it into a pipkin that is not very rough, then put in your Flowers, Fruit and Spices, and so put your Pipkin into a Still, and make a small fire of small coles under it; and, in the space of twelve dayes, it will bee rock candied.

To candy Eringo roots.

TAKE your Eringo roots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the purest sugar you can get

two

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two pound, and clarifie it with the whites of Egges exceeding well, that it may be as cleare as Chrystall, for then it will be very commendable: it being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots two or three at once, till they be all candied, and so put them in a Stove, and keep them all the yeare.

To candy Enula Campana.

TAKE of your fairest Enula Campana roots, and take them cleane from the sirup, and wash the sugar off them, and dry them again with a linnen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of sugar: clarifie it well, and boyl it to the height of Manus Christi, and when it is so boyled, dip in your roots, three or foure at once, and they will candy very well; and so stoue them,

and Gentlewomen.

them, and keep them all the yeare.

To candy Violet flowers.

TAke of your Violet flowers that are good and and new, and well coloured, and weigh them: to every ounce of your Violet flowers you must take foure ounces of refined sugar, which is very white and faire grained, and dissolve it in two ounces of faire running water, and so boyle it till it come to sugar againe; but you must scum it often, lest it be not clear enough: and when it is boyled to sugar againe, then take it off, and let it cool, and then put in your violet flowers, stirring them together till the sugar grow hard to the pan: this done, put them into a box, and keep them in a stove.

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To candy Goosberries.

TAke of your fairest berries, but they must not be too ripe, for then they will not be so good, and with a linnen cloth wipe them very clean, and pick off all the stalks from them, and weigh them: and to every ounce of Berries, you must take two ounces of Sugar, and halfe an ounce of Sugar-candy, and dissolve them in an ounce or two of Rose-water, and so boyle them up to the height of *Manus Christi*; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will shrink, and so stir them in round with a woddenn Spatter till they bee candied; and s put them up and keep them.

To candy Rosemary flowers.

TAke of your Rosemary flowers ready pickt, and weigh them; to every

and Gentlewomen.

every ounce of flowers you must take two ounces of hard sugar, and one ounce of Sugar Candy, and dissolve them in Rosemary flower water, and boyle them till they come to sugar againe: which done, put in your Rosemary flowers when your sugar is almost cold, and so stir them together till they bee enough, and then take them out, and put them in a box, and keep them to your use in your stove.

To candy Borage-Flowers.

TAke your flowers, and pick them very cleane, and weigh them, and use them in every respect as you did your Rosemary flowers, save this, that when they be candied, you must set them in a still, and so keep them in a sheet of white paper, putting every day a chafindish of coles into your still, and it will bee candied very excellently, and that in a short space.

Here end the sorts of candying.

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To make Paste of Pippins,
the Geneva fashion, some
*with leaves, some like
Plums, with stalks
and stones in
them.*

TAke your Pippins, and pare
them, and cut them in quarters:
then boile them in faire water
till they be tender; then straine them,
& dry the pulp upon a chafingdish of
coles: then weigh it, and take as much
sugar, as it weigheth, and boyle it to
Marmes (brist), & put them together:
then fashion them upon a Pieplate,
and put it into an Oven being very
slightly heat: the next morning you
may turne it, and put them off the
plates upon sheets of Paper upon a
hurdle, and so put them into an O-
ven of like heat, and there let them
remaine foure or five dayes, putting
every

and Gentlewomen.

every day a Chafingdish of coles into the Oven: and when they be thorow dry, you may box them, and keepe them all the yeare.

To make paste of Eglantine of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gumdragant and Rose water: then strain it thorow a strainer; then take halfe a pound of refined sugar beaten, and searced, and worke it up into Paste with this straining: then print it with your molds: then stove it, and then gild them.

To make Paste-Royal white.

TAke a pound of refined Sugar beaten and searced and put into an Alablaster Morter, with an ounce of Gumdragant steeped in Rose wa-

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ter: and if you see your PASTE be too weake, put in more sugar; if too dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your self, to stand upon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keep them.

To make PASTE Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced sugar, and Gumdragant steeped in Rosewater, and work it into paste, as you may turn it upon sticks made of peeces of Arrows, and make them hollow like Cinamon Sticks: in like sort you may make it taste of what spices you please.

and Gentlewomen.

*To make Paste of Genua the
true way.*

TAke two pound of the pulp of
Quinces, and as much of Pea-
ches, and straine it, and dry it in a
pewter platter upon a chafindish of
Coles: then weigh it, and take as
much sugar as it weigheth, and boile
it to the height of *Manus Christi*, and
then put them together, and so fashi-
on it upon a Pie plate, and dry it in
an Oven with a Chafindish of coles,
untill it be thorow dry: and then if it
please you, you may spot them with
gold.

To make Paste of Violets.

YOU must take of your Violets
that are ready picked, and bruisse
them in an Alablaster or Marble
mortar, & wring the juice from them
into a Porringer, and put as much

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hard sugar in fine powder, as that juice will cover: dry it, & powder it again, and then take as much Gumdragagant steeped in Rose water, as will bring this sugar into perfect Paste: when it is perfect, take it up, and print it with your moulds, and so drie it in your stove, and not by the fire, for feare of danger, and when it is dry, gild it. It is a fine banquetting conceit.

To make Paste of Gooseberries.

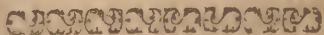
TAke of your Gooseberries, and cut them one by one, and wring the juice from them, till you have gotten so much as you thinke will serve your turn: boyle your juice a little, that it may be thicker: then take as much double refined sugar as your juice will sharpen, and dry it as you did for Violets; and being dry, beat it very fine, and take as much gumdragagant steep'd in red rose water, as will serve, & beat it into perfect paste.

and Gentlewomen:

paste in an Alabaster Mortar: and
then take it up, and print it with your
molds, using it in every respect as your
paste of violets. This is excellent
good for one that hath a
weak stomacke.



B 4 *Here*



A Closet for Ladies



*Here begin Banquet-
ting Conceits, as Mar-
melades, Quodiniakes,
and such like.*

To make Muskadine Comfits.

TAke halfe a pound of Musk-
sugar beaten and searced: then
take Gumdragant steeped in
Rose water, and two graines of
Muske, and so beat them in an Ala-
blaster Mortar till it come to perfect
Paste: then drive it very thin with
a rowling pin, and then cut it into
small peeces like diamonds, some cut
with

and Gentlewomen.

with a rowle spoon on the sides: being thus cut, stowe them, and so keep them all the yeare.

*To make Diocitonium simplex
of Quinces.*

TAke of your Quinces, and pare them, and cut them in peeces, and boile a pound of these peeces in a quart of faire water till they be very soft: then let the liquor run from them, take a pound of sugar Candy, and beat it fine, and put it into that liquor, and let it seeth till you see it stand like gelly: then take it from the fire, and put therein foure drops of oyle of Cinamon and Nutmegs, and then put in five and twenty leaves of fine gold, and stirre it together, and so put it in fine Chrystall Glasses, and keep it all the yeare.

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To make fine Chrystall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water, and when the flesh is boiled tender, take it out: then let the liquor stand still untill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and so let it boyle a quarter of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a spoone, and so serve three or foure lumps upon a plate.

and Gentlewomen.

To make White leach of cream.

TAke a pint of sweet creame, and six spoonfuls of Rose water, and two graines of Musk, two drops of oyle of Mace, or one peece of large Mace, and so let it boile with foure ounces of Isinglasse: then let it run downe thorow a gelly bag: when it is cold, slice it like brawne, and so serve it out. This is the best way to make leach.

To make a Walnut, that when you crack it, you shall finde Biskets and Carrowaies in it, or a pretty Posie written.

TAke a peece of your Paste-royall white, being beaten with Gum-dragagant, and mixed with a little fine searced Cinamon, which will bring you paste in a Walnut shell

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shell colour : then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the nut, and close the mould together, and make three or foure Walnuts.

To make Quodiniack of Plums.

TAKE two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasil sugar, clarified with a pint of faire water, and let it boile till the Plums break: then take it off, and let your liquid substance run thorow a strainer, and then put it againe into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your molds on what fashion you please.

To make Biskettello.

TAKE two ounces of very fine sugar, beaten and scarced, and put
into

and Gentlemen.

into it halfe a Spoonfull of Amidum, that is, white starch; a grain of Musk: then beat it into perfect Paste, with Gumdragagant steeped in Rose-water: then make it into little pretty loaves the fashion of Manchets, and so put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heed your pan be not hot, and so specke them with gold, and so box them. It is a very fine banqueting conceit.

To make a speciall sweet water to perfume clotbes in the folding, being washed.

TAke a quart of Damask Rose-water, and put it into a glasse, put unto it a handfull of Lavender flowers, two ounces of Orris, a Dramme of Musk, the weight of four pence of Amber greece, as much Civet, foure drops of oyle of Cloves; stop this close, and set it in the Sunne
a fort-

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a fortnight: put one Spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding; the dregs left in the bottome (when the water is spent) make as much more, if you keepe them, and put fresh Rose water to it.

To make Mosse powder.

TAKE two pound of Mosse of a sweet Apple tree, gathered between the two Lady dayes, and infuse it in a quart of Damaske rose-water, foure and twenty houres: then take it out, and dry it in an oven upon a Sives bottome, and beat it to powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Muske, halfe a dram of Ambergreece, a quarter of a dram of Civet: put all these into a hot Mortar and pestle, and beat them together: then searce them thorow a coorse

and Gentlewomen.

coorse haire scarce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine sugar halfe a pound; boile it with red rose water, untill it come to the height of Lozenges; and in the cooling, put in of the spices of Aromaticum Rosarum, foure drams, with a little Confectio Alchermes, and so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose; and when you gild them, if your gilding will not sticke on, wet them gently with a little rose water, but not too much, in any case.

*To make a march pane, to ice it,
and garnish it after the Art
of Comfit-making.*

TAke two pound of small Almonds blanched, and beaten into perfect paste,

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paste, with a pound of sugar finely
leached, putting in now and then a
spoonfull or two of Rose-water, to
keep it from oyling; and when it is
beaten to perfect paste, rowle it thin,
and cut it round by a Charger: then
set an edge on it, as you do on a Tart:
then dry it in an Oven or a baking
Pan; then ice it with Rose-water and
sugar, made as thicke as batter for
Fritters: when it is iced, garnish it
with conceits, and sticke long Com-
fits in it, and so gild it, and serve it.

*To make all sorts of banqueting
Conceits of Marchpane stuffe,
some like Pies, Birds, Bas-
kets, and such like,
and some to print
with moulds.*

TAKE a pound of Almond Paste
made for the Marchpane, and
dry it on a chafindish of coles,
till you see it wax white: then you
may

and Gentlewomen.

may print some with moulds, & make some with hands, and so gild them; then stove them, and you may keepe them all the yeare. They be excellent good to please children.

To make all kinde of birds and beasts to stand on their legs in casting worke.

TAKE Barbary-sugar, clarify it, and boyle it to the height of *Manus Christi*: then poure it into your moulds, they being seasoned as for your Quodiniack: let them stand a quarter of an houre, and they will be cold, and then you may take them out and gild them.

To cast all manner of frutage hollow in turned work, and put them in their colours, as Oranges, Lemons, and the like.

TAKE your sugar being boyled to the height of *Manus Christi*, and

A Closet for Ladies

put it into your Alabaster moulds, being made of three peeces; turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them into their naturall colour.

To make Prince bisket bread.

TAKE a pound of very fine Flower, as much sugar thorowly searced, one ounce of Aniseeds cleane pickt, take eight Egges, and a spoonfull of Muscadine, and beat all into batter as thick as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and set it in an Oven, and let it remaine there one houre: you may slice some of them when they be a day old, and drie them again upon a hurdle of Wicker: you may also take one of your leaves, and wash it over with the yolk of an Egge beaten with a little Rosewater, and while it is green, cast Biskets and Carrowaies

and Gentlewomen.

on it, and a littly white Candy, and it will shew as if it did haile on it ; then spot it with gold, and give it to whom you please.

*To make the usuall Bisket sold
at Comfit makers.*

TAKE a Pecke of flower, and foure ounces of Coriander seed, one ounce of Anniseed, take three Egges, three Spoonfull of ale-yeast, and as much warm water as will make it as thicke as Paste for Manchets ; make it in a long Rowle, and bake it in an Oven one houre ; and when it is a day old, pare it, and slice it, sugar it with searced sugar, and put it againe into the Oven ; and when it is dry, take it out, and new sugar it againe, and so box it, and keep it.

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To make an especiall sweet Powder for sweet Bags.

TAke of the purest Orris one pound, of Red and Damaske Rose-leaves, of each two ounces, of Cloves three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams, beat them all save the Benzoin and Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk and Civet, of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose leaves dried you may put it into your sweet Bags, and so keepe them seven years.

and Gentlewomen.

*To make an excellent Marmelade, which was given to
Queene Mary for a
Newyears gift.*

TAke a pound and a halfe of sugar, boile it with a pint of faire water, till it come to the height of *Manus Christi*: then take three or foure small Quinces, one good oringe pill, both very well preserved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringo roots preserved two ounces and a halfe, stirre these with the Sugar till it will not sticke, and then at the last, put in of Musk & Amber dissolved in Rosewater, of each foure graines, of Cinamon, Ginger, Cloves and Mace, of each three drams, of oil of Cinamon two drops: this being done, put it into your Marmelade boxes, and so presents it to whom you please.

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To make another sort of Marmelade very comfortable for any Lord or Lady whatsoever.

TAKE of the purest green Ginger, six drammes, of Eringo and Saterion roots, of each an ounce and a halfe; beat these very finely, and draw them with a silver spoone thorow a haire searce; take of Nut kernels and Almonds blanch'd, of each an ounce, Cocks stones halfe an ounce, all steeped in honey twelve houres, & then boiled in milke, and beaten and mixed with the rest; then powder the seeds of red Nettles, of Rocks, of each one dram; Plantane seeds halfe a dramme, of the belly & back of a fish called Scincus marinus, three drammes, of Diasaterion, foure ounces, of Cantarides, adde a dramme; beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolved in Rose water,

and Gentlewomen.

water, and boiled in Sugar againe, mingle the powder and all the rest of the things, putting in of leafe gold six leaves; of pearle prepared two drams, Oyle of Cinamon six drops; and being thus done, and well dried, put it up in your Marmelade boxes, and gild it, and so use it at your pleasure.

To make a blanch for any Ladies face.

TAke of white Tartar two drams, Camphire one dramme, Cope-ras halfe a dramme, the whites of foure Egges, juice of two Lemmons, oyle of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter Almonds two ounces; all must be powdred and mixed with the oyle and water, and then boyled upon a gentle fire, and straine it, and so keep it: the party must rub her face with a scarlet cloath, and
then

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then over night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boile till they be tender: then put into them a pound of sugar, and let it boile till the fruit fall to the bottom of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boile till it come to its colour and thicknesse: then print it with your moulds: and you shall know when it is ready to print, by rolling a little upon the backe of the spoone, and if you see it will stand, and not runne downe print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the year.

To

and Gentlewomen.

To make Quodiniacks of Raspices, or English Corants.

TAke Raspices ripe and well coloured, and put them in a dish, and put to them foure spoonfull of Rosewater, and mix them together with the back of a spoone; then wring the liquid substance thorow a linnen cloth: season it by your mouth with sugar till it be sweet enough; then boyle it on a Chafindish of coales in a dish, till it be ready to print: then print it in your moulds, and box it, and so keep them.

Here end the conceits of Banqueting.

Your Moulds must lye in water one night before you use them; and an houre before you print with them, take them out of the water.

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COR-

A Closet for Ladies



CORDIAL
VVATERS.

Aqua Cœlestis.

TAke of Cynamon six ounces,
Cloves one dram, Nutmegs
one dram and a halfe, of Gin-
ger two drammes and a halfe, of
Gallingale one dramme and a halfe,
Cubebs two drams, Calamus roots
one dram, all brused and kept in a
paper: then take of Bettony and Sage
flowers, of each a handfull; Marjo-
rum, Penniriall, of each half a hand-
full, bruised likewise: then take of
these powders, of Aromaticum Ro
sarum

and Gentlewomen.

farum three drams ; Diambrae, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halfe: you must put all these into a gallon of spirit of wine, and steep them three daies and three nights, shaking them well every day, and then distill it in your Limbeck; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Musk and Amber in it.

To make Cinamon water.

TAke one pound of the best Cinamon you can get: bruise it well, and put it into a gallon of the best Sack, and infuse it three dayes and three nights, and then distill it as your Aqua Coelestis.

To make Doctor Stevens water.

TAke of Rose leaves one dram, Borrage, Buglossie, Violets, and Rosemary.

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mary flowers, of each a dram & a half, Spikenard a dram, cinamon 2 ounces, Ginger an ounce, Cloves & Nutmegs of each halfe an ounce, Cardamons a dram and a half, Gallingle 2 drams, Cubebs a dram, Pepper three drams, Anniseeds, Carrowayseeds, and Fennell, of each an ounce, Lignum Aloes half a dram, Corall and Pearle in fine powder of each one dram; bruisse these and put them in a pottle of Aquavitz and a quart of Sack, using it in every respect as your Aqua Cœlestis.

To make Balme water.

TAke Balme, dry three ounces, Time, Penniriall, of each an ounce, Cinamon four ounces, a dram of Cardomus, Graines half an ounce, sweet fennell seeds an ounce, Nutmegs & Ginger, of each a dram, Gallingle one ounce, Calamus, and Cyprus, Cubebs and Pepper, of each w^o drams, of Caper roots halfe a dram, of Diptamus one dram, bruisse these

and Gentlewomen.

these things, and put them to a pottle of Sacke and steep them 24 houres, and then use it as the former waters,

Angelica water.

TAKE Cardus dry a handfull, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Gal-lingale and pepper, of each a quarter of an ounce, Mace two drams, Grains one dram, Lignum Aloes, Spikenard, Juncus Odoratus, of each a dramme; Sage, Borage, Buglosse, Violets and Rosemary flowers of each halfe a handfull: bruiſe theſe, and ſteep them in a pottle of Sack twelve houres, and diſtill it as the reſt.

Rosa solis.

TAKE Liquorice eight ounces, An-niſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each 3 ounces, nutmegs, ginger, cinamon,
C 3 Mace,

A Closet for Ladies

Mace, of each halfe an ounce, Gallin-
gale a quarter of an ounce, Cubebs
one dram, Figs two ounces, Sugar
foure ounces: bruiſe theſe, and diſtill
it with a gallon of Aqua vitæ, as the
reſt: but when it is diſtilled, you muſt
colour it with the herbe Roſa. ſolis,
or elſe Alkanet root.

Wormwood water.

TAKE of Wormwood two ounces
and a halfe; Sage, Bittony & Rue,
of each half a handfull, Roſemary tops
a handfull, Cinamon 3 ounces, Nut-
megs half an ounce, Cloves & Mace,
of each halfe a dram, Ginger an
ounce; Gallin-gale, Cubebs and
Spikenard, of each a dram and a half,
of Scordium halfe a handfull: bruiſe
theſe, and put them into a pottle of
Sacke, and a pint of Aqua vitæ, and
ſteep them foure and twenty houres,
and diſtill them as the reſt.

HERE

and Gentlewomen.



HERE BEGIN Conserve.

*To make Marmelade of
Quinces.*

TAke your Quinces, and boyle them tender: then pare them and cut them to the core: then draw the pulp, that is, the Quince, thorow a haire searce, and weigh it: to every pound of pulp, take a pound of clarified Sugar, and boyle them together till they come to a perfect colour, putting to them in the boiling a little Oyle of Cinamon; and when it is boyled enough, that it will not sticke to the pan, put it into your Marmelade Boxes. But your Conserve must not be boyled

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so high in any case, for then it will not be so good.

To make Conserve of Red and Damaske Roses.

TAke of the purest and best colored buds you can get, and clip off the whites from them, and to every pound of leaves, you must take three pound of Barbary sugar, and beat them together till they be very fine; and then with a wodden platter take it up, and set it on the fire till it be thorow hot, and it will be of an excellent colour.

To make Conserve of Violets.

TAke of your Violet Flowers, and pick off all the blew flowers, and keep them, and weigh them, and take to every ounce of flowers three ounces of refined Sugar, & beat them in an Alabaster Mortar, till they be very fine, & then take them up, & put them

and Gentlewomen.

them into an earthen pipkin; and set them upon the fire till such time as they be thorowly hot, & then take the off, and put them up and keep them.

To make Pectorall rowls for the cough.

TAke Liquorice powder finely searced 1 ounce, of the spices of Diadraganthum frigidum 2 drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white starch halfe a dram, Anniseeds in fine powder one ounce, mingle it with the rest: then take of Sugar six ounces, of Pennits, one ounce and a halfe, Sugar-candy one ounce powdered and mingled with the former powder: then take Gumdragagant steeped in Rosewater, and beat it into paste, and so make it into long rouls, and so dry them and keep them.

To make Conserve of Borage flowers.

TAke of your Borage flowers well coloured, & pick the blacks from
C 5 them

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them : then weigh them : to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alabaster Mortar with a wodden Pestle till they be very fine, so that you cannot discerne any sugar in lumps ; then take them out , and put the Conserve into a Pipkin, and heat it thorow hot : and having thus done, put them up, and keep them all the yeare.

To make Conserve of Rosemary flowers.

TAKE your Rosemary flowers, fresh and good, and pick them from the green tuske: weigh them, and take to every ounce of flowers, three ounces of sugar Candy, and beat them very fine , using them in every respect as you did your other Conserve.

To make Conserve of Buglosse flowers.

TAKE your Buglosse flowers, and picke them as you did your Borage

and Gentlewomen.

rage flowers, and then weigh them, and to every ounce of flowers, you must take two ounces of hard Sugar and an ounce of Sugar Candy, and beat them together till they be exceeding fine, and then set them on the fire to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it up and keep it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and searce them thorow Lawne: and then take of Muske a dram, Amber greece ten graines, Civet ten grains, and dissolve them in a hot Mortar with a little Rose water, and so make them into a Pomander, putting into it six graines of Civet.

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To make Conserve of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalks, and then wash them, and put unto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine searce, and to every pound of Pulp, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

TAke of Cichory flowers new gathered; for if you let them lie but one hour or two at the most, they will lose their colour, & do you very little service : therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined sugar, and beat them
together.

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together in a Mortar of Alabaſter & a wodden peſtle, till ſuch time as they be thorowly beaten: for, the better the flowers and ſugar be beaten, the better will your conſerve be; let this alwaies be for a general rule: and being very well braied, you muſt take them up, and put it into a chaſer cleane ſcoured, and ſet it on the fire till it be thorowly hot: then take it off, and put it up, and keep it all the year.

To keep Cucumbers in pickle all the year.

TAKE four gallons of Conduit water, and put into it three quarts of bay Salt, two handfulls of Sage, one handfull of ſweet Marjoram, and foure handfulls of Dill: let theſe boil till it come to three gallons, and then take it off; and when it is almoſt cold put an hundred of Cucumbers into the Liquor, into a Butter barrell, and keep them all the yeare, but looke that alwayes the hearbes lye upon them:

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them: and thus done, it will be a most excellent Salet with Oyle, Vinegar and Pepper.

An exceeding fine Pill used for the Gowt.

TAke of Aloes two ounces, Mastick three drams, Agrick half an ounce, Ginger half a dram: let these be powdred very fine: then take of the extraction of Rubarb three drams, and with white wine let them be incorporated into a masse of pills, adding unto them a drop of oile of Cloves, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to every slip foure snailles, and put them into an earthen Pot, & sprinkle foure or five handfuls of Salt upon them, & then put to them Sage, Rue, Wormewood and Hylop, of each four handfuls,

and Gcnelewomen.

fuls, and so distill them; and when you have distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolved, and so bathe the place infected with the Gowt, and it will ease them presently.

To make sirup of Pomcitrons.

TAKE Pomcitrons, and cut them in halves, and juice them, but beware you wring them not too hard, lest it be slimy; and then take to every pint of juice three quarters of a pound of refined sugar, and boyle it in an earthen Pipkin till it come to the height of a sirup, and take heed in any case that you boyle it not on too hot a fire, lest it burne: and then, when it is boiled enough, put it up, and keep it all the year.

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To make sirup of Violets.

TAke your Violets, and picke the Flowers and weigh them, and then put them into a quart of water, and steep them upon hot embers untill such time as the flowers be turned white, and the water as blue as any Violet: then take to that a quart of infusion, and foure pound of clarified sugar, and boile it till it come to a sirup, scumming and boyling them upon a gentle fire, lest it turne his colour: and being boyled, put the sirup up, and keep it.

To make sirup of Liquoris.

TAke your Liquoris eight ounces, & scrape it very clean, and bruisse it very well, and maiden haire one ounce, Anniseed & Fennell seed of each halfe an ounce: sleepe these in foure pints of Rain-water halfe a day, and then boile it to a quart: then
take

and Gentlewomen.

Take a pound and a halfe of clarified
sugar, and boile it with that liquor
till it come to a sirup, and then put
it up, and keep it.

To make sirup of Hore-hound.

TAke of Hore-hound two hand-
fulls, of Colts-foot a hand-
full, of Time, Penniriall and
Calamint, of each two drams, of li-
quoris one ounce and a halfe, of Figs
and Raisons of the Sunne, of each
two ounces, Piony kernels a quarter
of an ounce, Anniseeds and Fennel
seeds, of each a quarter of an ounce.
boile these in a gallon of faire water
till it come to a pottle or three pints
and then straine it, and take three
pound of sugar, and three Egges, and
clarifie that liquor, and so boyle it to
a sirup, and so keepe it all the year.

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To make sirup of Maiden-haire.

TAke of Maiden-hair six ounces ,
of Liquoris one ounce , scraped
and sliced : steep these twenty foure
houres in four pints of Conduit wa-
ter, and then boyle them to a quart,
and then take two pound of clarified
sugar, and boyl it with that liquor up-
on a gentle fire of Charcoles, till it
come to a Sirup, scumming it very of-
ten, that it may be the clearer ; for
the clearer it is, the better it is, and
being boyled enough, put it up.

To make sirup of Hyfop.

TAke of Hyfop one handfull , of
Figs, Raisons, Dates, of each an
ounce, of Calamint halfe a handfull,
of French Barley one ounce : boyle
these in three pints of water to a
quart, and then straine it, and then
clarifie it with the whites of two Eggs
and two pound of sugar, and so boill
them

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them to a sirup : and being boyled enough, keep them all the yeare.

To keep Cherries all the year, to have them at Christmas.

TAKE of the fairest Cherries you can get, but be sure that they be not bruised, and take them, and rub them with a linnen cloth, & put them into a barrell of hay, and lay them in ranks, first laying hay in the bot-tome, and then cherries, and then hay againe : and then stop them up close, that no aire may come neare them, and lay them under a feather-bed where one lyeth continually: for the warmer they are the better, yet neare no fire : and thus doing, you may have Cherries at any time of the year.

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To make sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the juice from them thorow a linnen cloth between two sticks, and then to every pint of juice, take a pound of sugar, and boile it to the height of a sirup, and then keep it all the year long: and if it wax any thing thinner, a moneth after you put it up, boile it againe, and then put it up.

To make sirup of Lemons.

TAke your Lemons, and cut them in halves, and betwixt your fingers juice them, and the liquor that runs from them will be very cleare: then take to a pint of juice, a pound and a quarterne of hard sugar, which is very white, and boile it to a sirup, and it will keep excellent well.

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To make sirup of Roses solutive.

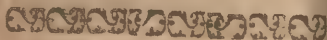
TAke of Damaske. Roses, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damask rose leaves, and take them out when they look white, and do so ten times, and then the water will looke red: and then, to every pint of that liquor, put a white of an Egge, and a pound of sugar, and clarifie it, and boile it to a sirup, and keep it all the yeare. The thicker the sirup is, the better it will keep.

To make sirup of drie Roses.

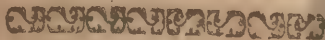
TAke of red Roses dyed foure ounces, and infuse them in a quart of faire water upon hot embers till the Roses have lost their colour: then take a pound and a halfe of sugar, and clarifie your liquor.

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quor and sugar with two Egges, and
then boile it to the height of a sirup :
but take heed in any case, that you
set not your sirup upon too hot
a fire : for then it will lose
his colour, and bee
worth no-
thing.



A



and Gentlewomen.



*A Medicine to give
a woman in Travell,
to make her have
Throwes.*

TAke corall, amber, date stones,
Pearle, Piony seeds, Saffron,
Commune: beat all these in
Powder, and put it into Malmesie,
and take Unicornes horne, and put it
into a spoon with a little Malmesie,
and give it to her, and presently let
her drink a draught of the Malmesie,
with the powders aforesaid, warming
of it a litle.

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*A Medicine for the falling down
of the Matrice to the bearing
place.*

TAke Chickweed, and seeth it in
an earthen pot: then lay of it upon
a peece of scarlet, as hot as the party
may suffer it: let her take it to the
privy place, and as one plaister cools,
so lay another and use it.

*Another for to be taken to the
Navill, and to the backe,
right against the Navill,
for the same.*

TAke a red Onion, and rost it very
tender: then take of Allysander
seeds, and bruise them in a wooden
dish, and mingle the Onion and the
bruised seeds together, and lay it up-
on a peece of linnen cloth: so lay it
to the Navill a little warme: rowle
that on, and let it lye on twenty four
houres,

and Gentlewomen.

hours: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Musk below (tyed in a little Lawn) to draw down the childe.

Take Torch-wort, and lay a leafe of it to the crown of a womans head warm, to stay other flowers.

A medicine for a woman after burden, if need be, to bring it downe.

TAke Sothern-wood, and wash ie cleane, and stampe it, and strain it in strong Ale, and give it her to drink warme.

To stop the whites in women.

PRY Hemlocke in fresh Swines greace : lay it as hot as she may suffer it, to the secret place.

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For a Tetter.

TAke Oats and seeth them in water, and where the Tetter is, hold over the reek thereof, as hot as may be, laying a cloth over it, to keep in the reek, so that the cloth doe not touch the Tetter: use this five times, morning and evening.

To make a Sear-cloth for an Ach that is newly come.

TAke Boores grease, camphire and wax, and boyle them all together, and so make a Sear-cloth thereof, and lay it to the grieve.

For a Felon or a Handcome.

TAke Herb grace, rusty Bacon, sowre Leaven, and Snailles that be with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the grief.

For

and Gentlewomen.

*For to heale any, if they be scal-
ded with hot liquor.*

TAke Alehoof and Avens, sheeps
suet, and sheeps dung, and Goose
dung, and when you have washed
the herbs, breake them altogether a
little, and so fry them together, & then
strain it, and make plaisters thereof,
and lay it to the grief: warm it a little
when you lay it to, laying new plaisters
to it twice a day: you may take the
juice of Housleek, and sallet oil, and
water, and beat them together, & wash
the grief before you use this plaister.

A Medicine for the Whites.

TAke a quart of new milk of a red
Cow, ten spoonfulls of Red rose
water, a pomgranat pill beaten,
and a little Cinamon beaten, & leeth
it halfe away sweeten it with sugar,
and drink a draught morning and e-
vening, & two whites of ligs beaten.

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*A medicine for them that are
given to bleeding.*

MAke a posset, and take off the curd, and take Liverwort, and beat it, and put the juice thereof into the posset-drink, and drink it morning and evening warm.

For the heat in the Kidnies.

TAke Houfleeke and Plantane; and not wash them, but wipe them with a cloth, and beat them, and straine them; and put to the juice thereof Red Rose water, and Wine vinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals, and you must (when you doe use it) have one to doe it for you in the morning when you are in your bed: and the patty must take the bals, and dip them in this liquor, and so bathe your Kidnies; and as soon

and Gentlewomen.

soone as one of the bals is hot with doing of them, take the other, and so use it an houre every morning.

A medicine for the stone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mil-
lowes, Tanke and Saxifrage,
of each a handfull: chop them small
and quist them in a little linnen bag:
then take three pints of cream, halfe
a pint of Malmesie, a quarter of a pint
of ruaning water, and set them on the
fire; and when it doth seeth, then put
the bag of herbs into the pot, and
when the bag is thoroughly hot, wring
it between two trenchers over the
pot to save the liquor: then lay the
bag to the grieve as hot as you may
suffer it; and as soon as it cooleth,
make it hot again in the same liquor,
and so apply it to the grieve.

A Cloſet for Ladies

For the Wormes.

TAke a handfull of Baſill mints, a handfull of Lavender Cotton, as much of wormwood, Peach leaves as much, Featherſue a handfull, of unſet leeks a handfull: boile them together in three ſpoonfulls of Wine- vinegar, and of his own water as much, and quilt them in a bag, and ſo lay it warme between his Navill and his Romack.

To heale a ſore breſt that comes with the infection of the milk.

TAke Mallows and Saffron, and ſeeth them in milk, and when it hath ſodden a good while, put in ſome crums of leaven bread, & boile them well together; and a little before you take it up, put ſome ſallet oyle into it: you muſt let it boile till it comes to a Poultis, and ſo lay it warme to your breſt: if you perceive that

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that this will not help your brest without it be broke, you must rost a Lilly root, and lay it to your brest where you will have it break; and when it is broken, you must tent it with leaven and milke sodden thick together, and make a plaister thereof, and lay it to the place where it is broken: you must dresse it twice a day, laying the poultis all about your brest, fitting the place that the plaister lyes on: you must dresse it both with new poultis and a new plaister twice every day, till it begin to heal, and then once a day is sufficient.

To stanch bleeding at the Nose.

TAKE Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make plaisters thereof, and lay them to your Temples.

A Closet for Ladies

To stanch the bleeding of a wound.

TAke of unset Hylop, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and strew the same powder on the Hylop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

TAke Hogs dung hot from the Hog with sugar, & lay it to the wound.

For the weaknesse in the back.

TAke Clary and Dates, and the pith of an Oxe, and put them together, & then put them to your cream, and Egges, and grated bread, and fry them together, and strew sugar on it, and eat it in the morning fasting, and you must put som white
San-

and Gentlewomen.

Sanders in it also when you temper it together.

For the wormes.

TAke Mares milk, and drink it as hot as you can have it from the Mare, in the morning fasting.

To know whether a childe hath the wormes or no.

TAke a peece of white Leather, and peck it full of holes with your knife, and rub it with Worm-wood, and spread hony on it, and strew the powder of Alefackatrina, and lay it on the Childs Navill when he goeth to bed, and if he have the Worms, the plaister wil stick fast; and if he have them not, it will fall off.

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For one that is bruised with a fall.

TAke stone pitch and beat it, and drink it with white wine or sack, or Malinesie; and if you have none, then take some other liquor: then melt Parmacity, and anoint the place where the bruise is.

For the Wind Colick.

TAke Parsly-seeds, and bruise them, and seeth them in sack, and drink it warm when you have your pain.

For the Gout that is newly come.

TAke Rubard, and grate it, and mingle it with Conserve of red Roses, and eat thereof every morning fasting a pretty quantity.

and Gentlewomen.

A water to wash a Sore.

TAke of Plantane, and Wood-bine leaves, and white Roses, and still them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lye in the water continually.

For the shrinking of the sinews.

TAke the Marrow of a horse bone, and the crops of Elders, and as much of Sage, and chop them together, and boil them in the Marrow, and then strain out the herbs, and put to the liquor one spoonfull of hony, two spoonfulls of Aqua-composita, and a quantity of pepper, and boil it again, and keep it for your use.

For the Piles.

TAke the quantity of Ragwort, and a quantity of ground Ivie, and the

A Closet for Ladies

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boyle them on a soft fire, and straine them, and keep it for your use.

A salve to take dead flesh out of a sore.

TAke a spoonfull of Vinegar, and a spoonfull of Hony, and a quantity of Verdi-greace, and as much Ailme, and boile all these together, and keep it for your use.

For the staying of the Flux.

TAke a new layd Eg, and take off a little of the top of it, and poure out a little of the white, and fill up the Eg with Aqua Composita, and stir it together, and roist it, and sup up the Eg in the morning fasting: till you be well use this.

and Gentlewomen.

Another for the same.

Make Rice pottage with Almond-milke : you must not blanch the Almonds , and make little bals of Virgin wax : make them lesse than Pease , and when you doe eat of the Pottage , take three or four of the Bals, and put them in every spoonfull as you doe eat it.

For the Gowt.

Take an earthen pot, and put into it a quart of Aqua Composita , and take two handfuls of Henbane, and break it, & put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oyl ; and at the end of May, you must take it up , and keep it for your use: you must cover the pot very close when you set it in the ground ; and when you anoint the grief therewith you must doe it against the fire.

For

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For the Piles.

TAKE Marlemasse beefe, and dry it, and beat it to powder, and then put it into a chafingdish of coals, and set it in a chair, and sit over it.

For an Ague.

IF it be for a childe, take two spoonfuls of good Ale, and seeth it, and scum it, and 1 spoonfull of the sirup of Roses, and let him drink it lukewarm; if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the sirup of Roses.

To make a fresh Cheese.

TAKE a quantity of new Milk, and set it on the fire, and let it boyle, and take halfe a dozen yolks of Eggs, and beat them, and stir them in the milk on the fire: then take it off the fire, and keep it stirred till it be lukewarm,

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warm, and then put Runnet into it, and stir it, and let it stand till it be gathered together, and take up the Curd, and put into it Cinamon and Ginger, and stir it about and make dishes of it, as you think good.

*A medicine for a pestilent Ague,
or to drive any thing from
the heart.*

Make a Posset with white wine, & take away the curd, and take horse dung of a stone horse, as hot as you can get it from the horse, and strain it with the Posset drinke, and put a little Mithridate, and Cardus Benedictus water, and Unicornes horne: and if you have no Unicorns horne, then put Ivory or Sea-horse tooth, and give it to the sick to drink fasting in the morning, warming it, and you must put the Unicornes horne into the spoone, and take it with some of the posset-drinke, and

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and so drink the Posset presently after it, & use this two or three mornings.

*A medicine for the sorenesse in
the throat that commeth
with the Rhume.*

TAke halfe a pint of Hony-suckle water, and two Jewes eares, of Plantane and Sickfield halfe a handfull, & a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the evening, & at such times as your throat is dry.

*Another for the falling of the
Gualow, or other paine in
the throat.*

TAke a handfull of red Sage, a spoonfull of Dil-seed, a peece of
lea-

A Closet for Ladies

leaven : boyle these in a little new milke till it be thick : then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and do this as often as need shall require: for it hath been proved.

A salve for a green wound.

TAke a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boile them all together upon a soft fire, and strain them.

A water to heale all sores in legs, and ulcers.

TAke a pound of Roch-Allome,
4 ounces of green Coperas : beat them somewhat small, and put them in a pan on the fire, ever stirring them till they be molten and dried again,

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again ready to be powdred, and beat them againe in fine powder, and keep them to your use. When you will make your water, set a pottle of faire Conduit water over the fire, till it boileth fast: then take it away, and as soon as it leaveth boiling, cast abroad your powder on the water, the which will make it to boil: as long as your water riseth, so long cast your powder in; and when it leaveth rising, and is black in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or four fold of linnen cloth wet in water, and roul it up, do so till the Ulcer be clean.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

and Gentlewomen.

till the herbs be tender : then take it from the fire and strain it, and keep it for your use : you must alwayes wash your mouth, and rub it after meat, and in the morning.

A Castile to breake any swelling that is ready to break.

TAke of Commine, of Hyssop, and of quicke lime a like quantity : bray them together in a Mortar, till it be very fine : when you would open an Impostume, lay it as big as an hassell Nut upon the next place, and binde it very hard, and let it remaine there 4 houres : then take it off, for it will make the place dead, and then you may let out the matter without grieve to the patient.

A Catitus Plaiſter.

TAke of Litrage of gold powdred very fine, common oil, hogs grea

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a pound white Coperas four ounces
put them altogether in a brazen pan,
and seeth it over a very soft fire of
coles, and try it continually untill it
come to a body; and in the boyling
you must cast into it one ounce of
good Rose-water, or two, and now
and then a spoonfull; and when it is
come to a good body, take it off
the fire, and stir it till it be cold, and
ready to be made up in a rowl, and
then make it up.

To make Populier.

TAke of Populier buds a pecke, of
hogs grease foure pound: seeth
them both together a quarter of an
houre, and then take it off, and strain
it: if it be too thin, put in a little wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheepe
suet, common Oyle, a like quan-
tity

and Gentlewomen.

city : beat those small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and strain them thorow a coorse linnen cloth, for the Pitch will not be molten : this is good for all manner of sores ; and when you will put in a Tent, mixt it with the yolk of an Eg.

Mastracum Ponticis.

Take Onions, Garlick, Dow, Lilly roots a like quantity : roast them all in a wet cloth under ashes, and then put them in a Mortar, and beat them small : this is good for all Impostumes to break them out.

A medicine to heal old sores.

Take Plantane, Bramble tops, Orpin, Bettony, Egermony, of each a handfull strain them and put thereto Rosin and Wax, of each a quarter of a pound : fresh Hogges grease and sheeps suet, of each foure ounces:

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ounces:boil them all together till the juice be confirmed:then strain it, and keep it to raise flesh, and heal old sores.

A plaister to heal old sores after they be made clean, and filled with flesh.

TAke sallet oyle half a pint, Lead a quarter of a pound: boil these till they be black, and keep them for your use.

To cleanse a sore, and take away the dead flesh.

TAke Wood-binde flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water and set it in the sunne for ten or twelve daies, and so wash the sore withall.

and Gentlemen.

A Medicine for a sore throat.

TAke a pint of milk, halfe a handfull of Collumbine leaves, half a handfull of Gasell, and halfe a score leaves of sinkfield, to Jewes ears, and so the party must use it evening and morning, and gargase it in his throat.

A Medicine that will heale any wound or sore, and keep it without proud flesh, or dead flesh.

TAke half a pound of wax, a quarter of a pound of sheeps suet, a quarter of a pound of rosin, and a quarter of a pound of Turpentine, half a pint of sallet oyl, two handfulls of Bugle which grows in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunsell, and a handfull of Baime : stamp and straine the herbs,

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herbs, and put the juice into the fore-said things, being a while boiled: then seeth them together a quarter of an houre: then take it from the fire, and let it stand till it be cold: then take away the smallage from the bottome: then take some of your Balm-water, and put into it, so much as will make it green, and let boill it together half a quarter of an hour, and so take it to your use.

A Glistre.

TAKE Camomile, Bettony, Dill, Pellitory of the wall, Hyssop, Rue, of each a handfull: boile these in the broth of a sheeps head, till the broth bee very slippery: then take a pint of the broth strained, and put two of the Pils of Drabes, of each a crowne weight and a half; Discaholice, Diaphenicon, of each halfe an ounce; Oyle of Camomile, Oyle of Dill, of each an ounce, a little

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little salt, and a glister : if you will have it breake winde, put into the foresaid Commine seed, Fennel seed, Anniseed, of each bruised two good handfulls, and boile all together, and strain it, and make it as aforesaid, and put in the glister.

*To take away the heat of a burn,
or out of a scald.*

TAke eggs and roast them as hard as a stone : then take out the yolks of them: then take a frying pan, and put in the yolks of the hard egges, and so let it fry till it come to an Oyle : then straine it, and annoint the burne withall : then take a bladder, and annoint it with Sallet-oyle, and lay it to the burne.

To make another Glister.

TAke running water, two handfulls of Carmon, a handfull of Mal-lowes, a handfull of Worme-wood a
E hand-

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handfull of Mercury, an ounce of Commine, two ounces of Fennell seeds, two ounces of Anniseeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehome, a quantity of knotted gresse, a quantity of Riberuorum, and a quantity of Polipody: stamp them all together, and straine them in Ale, and then give the patient the same to drinke cold, and trusse him up with some bolster, and let his diet be but competent, eschewing all slippery meats, as butter, and such like: provided alwaies, that the patient keep his bed six or seven daies, lying upon his backe, and sometimes hold his belly with his hand.

and Gentlewomen.

To make a Poultis for swelling.

TAke the crum of Manchet, and see the it in milke till it be thicke: then put in a peece of new Butter about the quantity of a Walnut, or somewhat more.

For the Rheume.

TAke a little quantity of Mastick, and as much Pellitory of Spaine, cut in small peeces: sew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Mastick be consumed, and spit in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantity of Gum of Ivie: put it in a little bag of linnen then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Ivie be consumed. hold the

A Closet for Ladies

bagge over or upon the hollow tooth.

A water for the eyes.

TAKE a pint of white wine : then heat a stone called Lapis Calammaris, red hot, nine or tenne times in the fire, and quench it every time in the wine : the last time you quench your stone, stir it about in the wine : then keepe your water in a cleane glasse, and let it stand, use to put it in your eye one drop or two, morning and evening.

For the eyes.

TAKE Rosemary, Housleek, red Fennell, and roast an Egge, and take out the yolke : beat these herbs together and straine them,

For the paine in the head.

TAKE of the best sallet oyl you can get, and the flowers of wild prim-roses,

and Gentlemen.

roses, and put them into the oyl, and then set it on the fire, and let it boile halfe an houre very softly : then put it in a glasse, and set it in the Sunne three weeks, and then rub your temples evening and morning. E. C.

A Gargas for to purge the head.

TAke a pint and a half of Wine-vinegar, Mustard seeds, Ginger, Cloves, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten, put it into the liquor, and stir them together for the space of a weeke: then gargasse it every morning before you use the oyl to your head.

For a pin and a web.

TAke the oyle compacted of the bone of a Gooses wing, and rub it in the palm of your hand, that no shivers of the bone do stick in it, and

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put it in with the point of a pin : for the bigneffe of a pins head is enough at once.

For a swelling.

TAke Burrows grease, and Sothernwood, and Aqua vitæ, and boile it together : and when you have boiled it, straine it in a pan.

For a bone ache.

TAke two or three handfuls of Camomile, a quarter of a pound of sheeps suet chopt small, and a peece of stone pitch of the quantity of a walnut, and a peece of leavened bread in it crumbled very small: boile it in your own water, till it be very thick, that you may spread it upon a cloth like a plaister, and lay it on the place where the ache is for four and twenty hours, and so dresse it three times: if you do, it will take away the ache.

and Gentlewomen.

A medicine to keal an old sore or a new.

TAKE a quarter of a pound of Rosin, and melt it in a pail let it have left cracking, and then take halfe as much wax, and a little Turpentine and sheeps suet chopt small, and a spoonfull of oyl Olive, and boil them all together, and when you have done so, strain them in a pail of water, and make it up even as you will occupy it, and draw your plaisters thin, and dresse it three times a day, that is to say, at morning, noon, and evening, till it be almost whole: then dresse it but twice a day, morning and evening; but if there be any core that hinders the healing of it, take a little Mercury, and put it in two spoonfulls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaister upon the wound, and it will bring forth the core.

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For an Andcome.

TAKE halfe a dozen knots of a young Oake, and put them in a fire pin, and burn them to a red cole, and take Boars greafe, and fine suet, and two or three corns of salt, and stampe them very fine, and so make a plaister of it, and if it do draw and heale too fast, lay line underneath the salve: you must dresse it twice in the Winter dayes, and thrice in the Summer dayes.

The copy of D. Stevens water.

TAKE a gallon of the best Gascoin wine: then take Ginger, Gallin-gale, Cinamon, Nutmegs, Graines, Cloves, Anniseeds, Fennell-seeds, Carroway seeds, of each of them a dram weight: then take wilde Time, Hyssop, Lavender, Sage, Mints, red Roses, Garden-Time, Pellitory of the wall, and Rosemary, of each of them

and Gentlewomen.

them one good handfull, and bray the herbs very small, and stampe the spices all together very small : put all together into the wine, and close it fast twelve hours, and stir it divers times : then still it in a Limbecke, and keep the first water, for it is the best : and then keepe the second, for it is good, but not so good as the first.

E. C.

A dramme weight of the seed of Collumbine, bruised with halfe a penny weight of saffron drunken with wine, is good for the Janders : then goe to bed and provoke sweat : the flowers distilled are good for the same purpose, and against swoownings.

Pimpinell.

THis herbe is good against the Pe-
-Rilence, to be taken fasting in a
morning, and good against the stone:
the roots sodden, condited in sugar,

E 5 may

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may profit them that have cold stomacks, and are troubled with too much fleame, the collicke and stone: this root any way taken, is good against poison.

Moufeare, is hot and dry: some use to give the juice of this common Moufeare, to hinder the cold of a quartan Ague: some use to gather the roots in May, and dry it, and give it to them that are broken: it is good for the bloody Flix, the great scowring of the mother, for wormes both outward and inward, common fluxes, for vomiting of choler, and spetting of blood, and bursting, and specially for breaking of the brain pan.

The juice of Costemary drunken, killeth both small and great Worms in the belly; it is good for a cold Mother; it strenghtens the stomack, whether it be drunken or laid to, and staieth vomiting: the herb of this nature, whether it be strewed, or else perfume made

and Gentlewomen.

made thereof, drives away Serpents, and is good against their poysons, and it helpeth and strengthneth the head.

To take out the heat of a burn.

TAke the fat of Hogs guts and sheeps trittles, and boyle them, and put them in a pot; this will heale the party, and take out the fire, and will keep good a whole yeare: this hath been proved.

To take the heat out of the face.

TAke running water and Elder-flowers, Plantane, white Dayse-roots, and herb Robert: put them in the running water, and wash your face morning and evening therewith.

A Closet for Ladies

A Medicine for a Canker in ones mouth, proved.

TAke running water, a handfull of Wood binde leaves, a handfull of Bramble leaves, a handfull of Columbine leaves, a little Rosemary, and boyle them together till halfe the water be wasted: then put in two or three spoonfuls of hony, a peece of Ro. h. Allome, three or four spoonfuls of wine-vinegar, and wash your mouth with the sodden herbes therof three or four times every day.

The Diet drinke.

First buy a dyet pot of the common sort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Anni seeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke
of

and Gentlewomen.

of the same wood, which is to be bought at the Apothecaries, halfe a pound of Raisins of the Sunne, the stones take out, a good handfull of Scabias, an ounce of Chiny, two ounces of Solyprilla, a quantity of white wine: then fill up your pot with fair water, saving a pint: then cover your pot with his cover, and close it round about the brim with paste: then set it on a soft fire of coals, and let it boyl three hours, till the fourth part be wasted: then put the clearest into bottles, and drink morning and evening a good draught, and so doe fourteen or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you shall be sure it is good.

For

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For the head-ache.

TAKE two handfuls of Vervine, Betony, Camomile roots, Lettuce, Checmete, of each sort two handfuls, dried Roses; put them to powder of Nutmegs; boyle this in white wine; then take out the herbs and fry them in Oyle-olive, and straine them in a cloth, and make an ointment thereof, and therewith anoint the head.

To make the Rheume-medicine.

TAKE five quarts of Hyfop water: it must be stilled when the Hyfop beareth flowers; and one pound of English Liquorice clean scraped, and cut in little peeces: bruise them, and then put it to the water, & boile them till halfe be consumed away: then straine it in shallow pans, and set it in the Sunne, and stirre it now and then, & sometimes set it over the fire till you see it wax black, but do not
boile

and Gentlewomen.

boile it, and it will wax stiffe with standing in the Sunne, that you may make it in little cakes.

A salve for a cut.

TAke six-ounces of Deere suet, foure ounces of Wax, four ounces of Rosin; stampe and strain Velerian, and take the juice as much as you thinke will make the salve look greene, and boyle them together till it come to a salve.

A medicine for the stopping of the Liver, very good for them that have the Jaunders.

TAke Paisly-roots, Fennell-roots, Asperigon-roots, kneeham-roots, Succory-roots, of each the weight of halfe a crown in silver; of dock roots the weight of twelve-pence a little Liquorice, half a handfull of Raisins of the Sun stoned: boil this in three
pints

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pints of water to a quart, and make Almond milke with the liquor, and take two parts of sweet Almonds, and one part of bitter : sweeten it with sugar, or else with sirup of Sucory, and drink a draught three mornings together, fasting three houres after it, use this every moneth; you may put in Barly husked, and Saxifrage, Maiden hair and Liverword.

For the Worms.

THE powder of Coralina, to the weight of three pence in silver, given in the water of Couchgrass.

A Medicine for a quartan or a tertian Ague.

TAKE the Herbes and roots called Harts-horn, Plantane and Orpin, & beat them with a little white wine and a little bay salt, and so lay it on a cloth upon your wrist, but be sure it lye on the places on both arms, changing

and Gentlewomen.

ging it every four and twenty hours: be sure also, that you lay it two hours before the fit commeth, and hang nine roots of the Harts horn about your neck in a silk bag, so that it may lye upon the hollow of your stomack and let it hang till your Ague bee gone. You must not wash neither herbs nor roots; and you may take the roots when you cannot get the herbs, and use them so.

*For the Canker in the mouth, or
rawnes, or in the lower part
of the woe.*

TAke red Fennell, red Sage, Hyfop,
Herbe grace, Rosemary, Hony-
suckle leaves, Fetherfue, and Daylie
leaves, of each a little quantity, in all
two handfuls; boyle these in a quart
of running water to a pint; strain it
and let it stand untill it be clear, and
put therein a spoonfull of English
Hony, and as much Roch Allome
bea-

A Closet for Ladies

beaten, as the bignesse of a Bean, and boile it together : yon must take off the scum as it doth arise when it is boyled: put it into a glasse, and keep it for your use ; you must warme it when you take it.

A good medicine for an Andicome, or a botch, or a sore breast, or Carbuncle, to ripe or break them.

TAke a quantity of Herb grace, a quantity of leavened bread well crummed, halfe a spoonfull of Sallet oyle or Capons grease; boil these in good Ale grounds, and keepe it with stirring till it be thick ; and when you use, lay it upon a cloth warme to the grieve. This medicine will desolve a breast without breaking it, unlesse it need breaking: you must change it every day once,

and Gentlemen.

*A good salve to heale it when
it is broken.*

TAke a quantity of Boars grease
of Wax & Rosin, of each a like
quantity; you must scrape the
wax, and beat the Rosin, & boil them
together till they be melted; then
take Lapis Calaminaris and Roch-
Allome, as much as a beane of each,
and beat them together; then take a
spoonfull of English Hony, and put
them together, and boyle them a-
gaine, and when it is well boyled,
powre it into cold water, and make it
up in rowls, and keep it for your use.

A medicine for a bruise.

TAke a quantity of stone-pitch, as
much gray sope, and beat the pitch
finely to powder, and boyl them to-
gether with stirring till it be boy-
led: then take it off the fire, and
lee

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let it coole, and then spread it upon a cloth, and lay it to the grieve: it must not be thorow cold, for then it will not spread: and if one do not heal it, then lay on another cloth spread with the same.

An oyntment for an Ague-fore, or other sores, and for swellings.

TAKE a Bryome root, and cut off the out side thin: some do call it wild vine. slice it, and lay it all night in a pint of Sallet oyl, and then boile it, strain it, and keep it for your use: for this is good to annoint any Ague-fore, or any other swelling. Then take half a pint of sal. oyl, and as much red Lead as you can buy for two pence, & boyl them together, and keep it stirring till it look black: then take as many cloaths as you think will drink up the oyle and the Lead, and then coole it, and keep it for your use.

This oyle and Lead is good for
Ague-

and Gentlewomen.

Ague sores and other sores. Remember to anoint the sores with the ointment aforesaid first, and then lay on the Sear cloth, doing this twice a day till the sore be whole. And for swelling, you must use the Bryemeroots and the Oyle only, without the Oyle and the Lead.

An approved good medicine for the tooth-ache.

TAke Rose-water. either red or damaske; take yellow wax a quantity, and fresh butter, of either an equall quantity, and mingle them together in a dish upon the coals, and then take a linnen cloth, and dip it therein, and lay it to that side of your jaw where you are grieved, as hot as you can suffer it; the hotter, the better.

A medicine for the bloody flux.

TAke two tostes of cheat-bread, & toste them; and two Egges, and
roste

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roste them hard, and take the yolks of them, and the liver of a chick, and beat all this together small: then put all this into a pint of Charn milk: then take half an ounce of cinamon: beat it smal, & put it in the medicine and then take of it evening and morning fasting, for so it most availeth you: but if your stomack be weake, then put in some sugar to sweeten it.

For the pin or web in the eye.

TAke the juice of Parsly, and half as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white sugar candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory, a pretty quantity of it, and mingle it with some Boars grease;

and Gentlewomen.

grease, and spread upon the cloth, and warm it against the fire, and lay it to the place.

A medicine for a green wound.

TAKE a quantity of Venice turpentine, and wash it in fair water till it be white, then take a plaister thereof, and lay it to the wound till it be drawne: then take the yolk of a new laid egge, and adde thereto a small quantity of fine wheat flower, and a little fresh butter, and mingle them together, and lay a plaister thereof unto the wound after it is drawn, with the Turpentine.

Another Medicine to be taken inwardly for a green wound, to be taken in Ale or beere: it is likewise good for the shattering of a bone broken or cut, either for Man or Beast.

TAKE juice of an herb called Bonwort, to the quantity of 3 or four spoon-

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Spoonfulls or more, according to the stomach of the party that is hurt take the same quantity and drinke it either in the milke, or as before is written, three or four severall mornings fasting, or oftner if you will, and it will free the party; when the herbe is not to be gotten, then you may use the root, and it will avail as much.

If the wound be but little, either this drinke, or the medicine before written will help it; but if it be great, you must use both together.

For to heal wounds and sores.

TAKE Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint; melt the Rosin, the Frankincense, and the Harts suet together; then straine it in a pan, and put therto all the white Wax,

and Gentlewomen.

Wax, the Olibinum, and the Mastick made into powder, and the white wine: boyle all together till the wine be consumed: then take it from the fire, and stir it till it be almost cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantity, Nigella-romana-seed a little bruised, a French crowns weight: boyl all these in posset-drink made of white Wine and Ale; a good draught evening and morning you must drinke.

*A medicine for the head-burning
that long time hath been.*

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head,
F and

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and all the aking shall be taken away:
this is a precious oymntment.

*For to set a bone, or heal a broken
bone in Man or Beast.*

TAKE the juice of Comfrey roots,
and wilde Daisie roots, and boil
them with Turpentine and yellow
wax, and make a flat plaister thereof,
and lay it to the grieve, and set splin-
ters about it, and rowle it to keep it
stiffe, once in five dayes, untill it bee
whole: you must drinke the juice of
the roots nine dayes in some liquor,
either to man or beast, when you use
the plaister.

For the Piles.

TAKE new milke, and thicken it
with Oat-meale finely sifted tho-
row a sieve, and let it seethe till you
make it up like Suppositaries: then
take it up, and cut off the outside of a
Race of Ginger, and grate it, and
min-

and Gentlewomen.

mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a plaister on the place, and use this till you be whole.

A medicine for a Rupture in old or young.

TAke Knotwort, Ribwort and Comfry, of each a like quantity; wash them, and dry them, & set them in the oven when the bread is drawne, that so they may dry: then beat them to powder; then searce them finely thorow a searce or sieve; and looke what quantity you take of the herbs when they be dried, take half so much Anniseeds, and beat them with the powder of the herbes, and searce them: and thus having made the powder ready, when you will use it, take as much of the powder as you can lay, or take upon a good broad sixpence, and fourteene mornings together give it

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to the party to drinke with a little Malmſie, faſting, and anoint the place with oyle of Spike mingled with any other thing: and alſo take ſuch herbs as you make your powder of, and ſee the them in faire running water untill they be tender, wringing the water out of them, and apply them to the place as hot as the party can ſuffer it, and let not the triſſe be too ſtrait, leſt it force the place to rent further. Take the herbs to make the powder within May, when the chiefe ſtrength is in them: the Knot-wort beares a little watchet flower. This hath beene proved on children ſo borne, and on old folkes that have been foure and twenty yeares broken, and doth helpe all ſorts, that with good uſage do not abuſe themſelves, through the grace of God.

For

and Gentlewomen.

*A Medicine to be used during
all the time of the Plague;
good against Infection.*

TAKE a pint of white wine vinegar
and halfe a pint of Jene Trekle,
and a quantity of Bole Armoniacke,
otherwise called Bolles verus, and
stirre all this together, and take three
spoonfuls in the morning fasting, and
fast an houre after it, and take three
spoonfuls an houre after supper.

*Another Medicine for paine in
the head.*

SEETH leaves of Agrimony with
Hony, and give them to drinke,
draw it thorow a cloth, and keep
it in a box, and therewith anoint
your head, and wash your head in the
water that Celandine is sodden in.

A Closet for Ladies

For the aking of the head.

See the Pulioill in Ayfill, and then put it in thy nose. Take Rue and Fennell, and see the them together in water, and wash therewith the head.

*For a fellon of the head that swel-
leth the head of a man : and
that before written is for
the same.*

Take the greafe of an Hart, and Hony, and Barly meale, and O tterrell, and Moycell, and stampe them together, and after shave thy head, then make a plaister, and lay it to thy head as hot as you may suffer it, and let it lye till it be whole.

For all Evills of the head.

Take Rue, and stampe it with strong Ayfill: mingle it, and wash the head therewith.

For

and Gentlewomen.

For the Carbuncle or the Postume in the head.

TAke Wormwood, Origanum, Mayron, by even portion, and seeth them in sweet wine, and after that wring out the juice, and lay it to the ears of the sick with two sponges, as hot as he may suffer it; use this 2 or 3 times, and he shall be whole.

For the Megrim, Postume, dropsie, Fever, and all manner of aking in the head.

TAke a penny weight of the root of Pellitory of Spaine, six peny weight of Spicardy, and grinde them together, and seeth them in good Vinegar, and take a Saucer full of Hony, and five of Mustard; and when the liquor that is boyled, is cold, put thereto the Hony and the mustard, and stirre them well together, and let the sicke use thereof

A Cloſet for Ladies

halfe a ſpoonfull at once, and hold it ſtill in his mouth the ſpace of two creeds, ſaying, and then ſpet it out into a veſſell, and doe ſo ten or twelve times ; a good while after hee hath eaten at noone, and a little before even ten or twelve times : and when he goes to bed, take and waſh cleane his mouth, and drinke a draught, and goe to bed : uſe the medicine three dayes and he ſhall be whole.

For the Head ache.

TAke and ſeethe Vervine and Betony, Saffes, and Wormwood; waſh the parties head with the water thrice in the week, and take the herbs, and make a plaifter, and lay it upon the upper part of the head on this wiſe.

Take the herbs aforeſaid when they are well ſodden, and wring out the juice of them, and then ſtamp them in a mortar, & temper them with the water wherewith they were ſodden, &
put

and Gentlewomen.

and put thereto the bran of wheat for to hold the juice of the herbs, that it go not out, and make a garland of linnen that may goe about the head, and bind the plaister under it as hot as the sick may suffer it : doe this three times, and he shall be whole.

Another.

CLoves comfort the stomack, liver and heart, they helpe digestion, and stop the belly : they quicken the eye-sight, and scowre away the clouds and hawes of the eyes : they are good against all cold diseases, and they are hot in the third degree. The oyle of cloves is very good for a cold stomack, and for any other place that hath need of warming, as a thumattick braine.

Another.

TAke of litrage of lead four ounces, of Vinegar, common oyle, a like
F 5 like

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like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two houres together; it must be as thick as your green salve.

Another.

TAKE Camphory, hearts-ease, Privetæ, Plantane, of each of them a handfull; bruise these in a Mortar, and put thereto Harts suet fine Sallet oyle, of each dim.li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brasse pot, & put thereto Wax and Rosin broken in small peeces, of each dim.l.b. let these boil all together over a fire of coales, till the juice of the herbs be consumed, and the oyntment green: then strain it thorow a canvase cloth into some pot that you will keep it in, and when it begins to be cold, then put thereto
foure

and Gentlewomen.

four ounces of Venice turpentine;
stir all together untill it be thorow
cold, and keep it close covered.

Another.

THE Wine of Eye bright is made
for the eyes, by putting the herbs
into the Must till it be perfect Wine;
whose use make the eyes of old men
looke young: for it is hot and drye;
and the powder of it beaten with the
yolke of an egge, worketh the same
effect: the powder received in Wine,
if the Wine be too strong, put in Fe-
nell water or Sugar.

*A medicine against the stone in the back
or bladder, or for the weaknesse of the
back, which is called the running
of the reines.*

TAKE Venice turpentine, and wash
it in Rose water, either red or da-
maske, untill it looke white: then di-
vide it into small bals, as you may
easily

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easily swallow to the full quantity of three hasell-nuts or thereabout: then roule them in sugar, to make them the more easie to be taken: then swallow them in the morning fasting, and fast four hours after them: take these three or foure severall mornings together, and in your water you shall finde much gravell.

*To take away the pock-boles, or
any spot in the face.*

TAKE white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it upon your face till it be dry: also take thre poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To

and Gentlewomen.

To make Snow.

TAke the whites of five or six eggs, a handfull of fine Sugar, and as much Rosewater, and put them in a pottle of cream of the thickest you can get: beat them all together: as the Snow riseth take it off with a spoone: you must beat it with a stick cloven in foure: then must you take a loafe of bread, and cut away the craft, and set it upright in a platter: then set a faire Rosemary branch in the loafe, and cast your Snow upon it with a spoon.

A medicine for the Piles.

TAke the herbe called Torchwort: it groweth high, bearing a yellow flower, blowing out of the stalk, the leaves looke hoare. Take the juice and boyle it with fresh butter a little while, and keep it close, and use it evening.

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vening and morning if a Cows udder
be stung or bit with a Snake or such
like, take Lavender and wash it clean
and see the it in chamber lye a good
while, and wash it evening and mor-
ning warm: you may put a little fresh
butter in it, and milke out the milke
when you do it.

*A medicine for a cold, or a burn,
or a sore, approved.*

TAke Waterfack leaves, other-
wise called Hogwort leaves,
Allyhouse, Daysie roots, leaves
and all, and a little Rosemary; wash
them, stamp them, and boyle them in
cream till it is butter: then straine
them, and apply it warm to the burn:
prick the waterfack leaves, and lay
them upon it, dressing it twice a day,
or three times, if need be. To heale
a sore put Turpentine, Rosin, and
Wax in it, dressing it with Lint.

and Gentlewomen.

For the stitch.

TAke Stitchwort, Bay leaves, Hol-
ly without prickles, of each a like
quantity, the juice, graines bea-
ten; drinke it in Ale warme.

For the swelling.

TAke the grounds of good Ale,
Glovers shreds, and white
bread crums and Sage : boyle
them, lay it to warm : it will swage
the swelling and the ache : it hath
been proved.

For the Tooth ache.

TAke Organy that groweth close
to the ground, and tasteth like A-
qua vitæ; bruise it, lay it to the tooth;
bursa pastoris will doe the like.

For

A Closet for Ladies

For a Bite, or Felon, or sore leg.

Seech a pinte of Ale to two Spoonfuls, like a sirup : prick a peece of leather with a pin : it will heal it without breaking, if it be broken, take lint to the hole with some salve; let it lye foure and twenty houres, lay it too cold.

For the Scratches of a horse leg.

TAke Vinegar, Mustar-seed, Gunpowder, boyle them : wash it hot three or foure times; proyed.

For the Gout.

TAke Mallowes and Sengren : beat them, and boyle them in water : then straine them, put Oatmeal groats soked in Vinegar, and sheeps suet untried : then boyle it to a poultis; proved.

For

and Gentlewomen.

For the Ague.

TAKE a red Onion cut small, six & fifty graines of Pepper beaten small; binde it to the wrist halfe an houre before the fit; proved.

For the Gowt.

TAKE a fat Whelp of a Hound : scald it like a Pig : garbage it in the side : then take red Nettles stamped with two ounces of Brimstone, foure ounces of Turpentine, foure yolkes of egges; stuffe the belly, and sew it up: roste it with a soft fire; save the dripping; anoint the place; it is good for the finewes and crampe; it will drive it away; for the like effect, Oyle, Nettles, White-wine, boyle them, apply them hot.

For the Sciatica.

TAKE the gall of a Bull, a quart of wort; boyle it to a pint; then put
in

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in a pint of Vinegar, Fankincense, one ounce in powder, of Hony half a pound of Commine halfe a pound in powder: boile it thicke: spread it on leather, lay it too hot two or three dayes; lay a linnen cloth between the skin and the plaister; the plaister will serve many times; proved.

For the Tooth Ach.

A Llom as big as a Walnut, Garlick an handfull: twenty Beanes, an handfull of Bay salt, Pepper; beat it together; lay it to the wrists twenty foure houres, or more.

For to stop the bleeding of a wound.

T H E wooll of an Iok horn, Sanguis draconis, and Bellarmonnack, and the whites of egges laid on too.

For

and Gentlewomen.

*For a consumption either for old
folks, young folks, or children.*

TAKE Longwort, Liverwort, Harts
tongue, of each a handfull, red
Mints, red Sage, Mother of Time, of
each a handfull, Parsley and Fennell
roots, the piths out of each, halfe a
handfull, Liquorice an ounce, Anni-
seeds an ounce, Sceny two ounces,
Turbet an ounce, Capdates two oun-
ces, Cinamon an ounce, Nutmegs
two ounces, white Sugercandy foure
ounces, Rubarb an ounce sliced:
stampe your spices, and your seeds,
and beat your other Apothecary
stuffe, and shred your herbes fine:
boyle it in three quarts of Redd sh
wine to a pottle; straine it; drinke
foure times a day a quarter of a pint at
a draught warm; put in a pentworth
of Aqua vitæ, and as much Saffron
beaten fine: after it is boyled, if the
Patient be laxat ve, leave out your
Rubarb, Sceny, and Turbet, and
boyl

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boyle it in wort; it is best in wort for children; for aged folks that be weak, boyl in the stone of a boar or a Ram, or a horse, is best; one stone is enough for one time; you may take one to purge, and another not to purge; the second receit is enough; purge first.

To make one make water.

TAke the stones and kernels of Peaches and Medlers; beat them fine; sift them thorow a searce; put in Sugar, drinke it in white wine.

To make a Sear-cloth.

TAke a pound of Stonepitch, as much Rosin as a great Walnut, and twice as much cleane wax, a spoonful of fresh swines grease boyle all together till it be well mixt, then cool it in water; then oyle your hands with Hogs grease, and labour it in your hands an houre and more till it will cleave to your hands.

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*For the same, and the best for all
manner of Aches.*

TAKE Rosia dim. lib. of Perrosen a
quarter of a pound, as much Gum
maltick, a quarter of a pound of Deer
suet, two ounces of Turpentine, one
ounce of Cloves and Mace, of Saf-
fron two ounces, the liquor must be
oyle of Rose.

*A soveraigne Medicine for
a great Ache.*

TAKE Sparmacity eight peniworth,
of Oyl two d. of black Sope halfe
a pound, of butter without Salt as
much as a great Walnut; boyle it on
a chafingdish of coals halfe an hour,
stirring it well from the bottome;
spread it on leather, as broad and as
long as your grieve; lay it too foure
or five dayes.

To

A Closet for Ladies

*To make a good Oyntment or
Salve for any sore.*

TAKE a good handfull of sage, as much of Plantane, as much of Brounwort, as much of hony suckles, as much of Tursame, as much Valerion: boyl all these in May butter till it be brown; then strain it, and put in a quantity of Virgin wax; then boile it again.

*A good Receipt for all manner of
sores, old or new, named, The
gift of God, praise be to
him.*

TAKE Betony, Vervin, Pimpernel, Bugle, Smallage, Plantane, Scabreas water, Agrimony of each a like; stampe them together; boyle them together in a gallon of white wine to the third part; then straine them, and put to them a quantity of sheeps suet, and halfe a pound of Wax, dim.lib. of Rosin. dim.lib. of pitch,

one

and Gentlewomen.

one lib. of Olibinum, and boile it again.

For Bags in the fundament.

TAke the yolke of an hard Egge roasted, the oyle of Roses, and Marigold leaves: beat it together, lay it too hot.

To kill a Tetter.

TAke green broom: boyle it in a quart of running water half away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and fear no Pestilence.

For

and Gentlewomen.

*For one that is taken within the
body, or any place.*

TAke Rose cakes, Aqua vitæ, and
Rose water, heat it on a chafing-
dish of coals; lay it to the stomacke;
they shall mend by Gods grace.

For the Ague or Cold.

TAke green Alderstickes; take the
inner rinde, a handfull; beat them,
drinke it in Ale fasting, fast three
houres, walking after it; then eat a
Caudell.

Another for the Ague.

TAke a spoonfull of juice of Oren-
ges, as much Aqua-vitæ, mingle it
with a yolk of a new laid egge in the
shell, sup it up fasting once or twice.

K. Henry the eight his persume.

TAke six spoonfulls of compound
water, as much of Rose. water, a
quarter

and Gentlewomen.

quarter of an ounce of fine Sugar,
two graines of Muske, two graines of
Amber-greece, two of Civer: boyle
it softly together: all the house will
smell of Cloves.

For the Strangurion.

TAKE Horehound one handfull and
a halfe, red wine halfe a pint,
oil-olive five spoonfuls: boil it toge-
ther, put it in a linnen cloth to the
small of the backe, as hot as may be.

To cleanse a wound.

TAKE Beere, Wheat, Stone-flower,
and Hony: boyl it thicke: apply
it to.

For the Gowt.

TAKE Worme-wood, Wall-wort,
Wheaten bran, Cow-dung, and
salt, boyle it in vinegar: plaister it to
the grieve.

For a bruise.

TAKE halfe a pint of Saller-oyle, as
much oyle of Roses, as much Aqua-

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vitæ, and three or fourscore snailles
that beares shels, stampe them small,
and boyle them to oyl.

To keep one Laxative.

TAKE a new laid Eg : put out the
white, then put in new butter un-
salted; heat it, then eat it, use it often.

Two remedies very good against Wormes in little children.

TAKE flower of Wheat well boul-
ted as much as will lye upon
three crowns of gold; put it in a
glasse, and powre into it well-water,
so much as will steep the said flowre,
and make it looke as it were milke,
and no thinner : then give the childe
drinke of it, and you shall see with
his excrements the worms come forth
dead, which is a very good remedy

The

and Gentlewomen.

*The second remedy against
worms.*

FOr children that be so little, that the medicine cannot be ministered at the mouth, you must take very good Aqua-vitæ, wherewith you must wash or wet the stomack or breast of the child: then powre it upon the said place with the powder of fine myrrhe and lay the child down a little while with his breast upward, and you shall see incontinently the Wormes, with the childe's dung, come forth dead.

To heale children of the Lemnische disease, which happeneth unto them by reason of a worme with two heads: that breedeth in their bodies, the which worme, coming to the heart, causeth such a passion in the child, that oftentimes it kills them.

TAke the tender falkes of a Willow tree, and dry them in the sun.

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dow ; then stamp them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome of each of them a quarter of an ounce and a quarter of an ounce of myrrh ; all these well beaten to powder, you must put in a dish, or some other vessel, and moist them with a little water ; then take of it with your two fingers, and wet the lips and mouth of the childe ; doe this three or foure times, and you shall see the worme come forth dead with the excrements

A remedy for the Falling-sicknesse.

TAKE Germander gathered in May when it is in the blossome ; dry it in the shadow, and make it in powder, and when you will use it, take the yolke of an egge or two, and stir and breake it with a spoonfull of the said powder ; then seeth it, and give it to the Patient to eat ; doe this morning.

and Gentlewomen.

ning and evening eight dayes, abstay-
ning from wine, carnall company of
women, from all Pulſie, Beans, Peaſe,
Fitches, Tares, and ſuch other, from
Sallets, Salt-fiſh, and from all other
things that are hard of concoction
and digeſtion: a very good and not-
able ſecret.

A medicine to cure the biting of all venomous beaſts.

AS ſoone as the party feeleth him-
ſelfe bitten with any venomous
beaſt, or as ſoone after as may bee,
take green leaves of a fig-tree, and
preſſe the milke of them three or
four times into the wound: and for
this, ſerveth alſo Muſtard-ſeed ming-
led with Vinegar.

To draw an Arrow-head or o- ther iron out of a wound.

TAKE the juice of Valerian, in the
which wet a tent, and put into the

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wound, laying the said herb upon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

*For a knock or fall, causing a
bunch upon the head.*

TAKE an ounce of Bay salt, raw Honey three ounces, Comin three ounces, Turpentine two ounces, mingle all these well upon the fire, then spread it upon a linnen cloth, & make thereof a plaister, and lay it hot to his head: the which will assuage the swelling, and heal the hurt.

*A secret remedy against the
plurisie.*

OPen a white loafe new baked, in the middle, and spread it well with good Treacle on both parts upon the crumme sides, and heat it at the fire: then lay one part upon the place of the disease, and the other
part

and Gentlewomen.

part on the other side of his body directly, and so binde them that they stirre not, leaving them so a day and a night, or untill the impostume breake, and then take away the bread and immediatly the Patient will spit forth the putrifaction of the impostume; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well.

*A very good remedy for a wound
with a sword, staffe, stone, or
such like.*

TAKE Taxus Barbarus, stampe it, and take the juice of it; and if the wound bleed, wipe it and make it cleane, washing it with white Wine or water; then put the juice upon the wound, and the herbs upon it, out of the which you tooke the juice: then binde up the wound, and in one day you shall see a wonderfull effect.

A Closet for Ladies

*Against the disease or grieve of
the flank, and the Collick passi-
on, experimented and pro-
ved divers times.*

TAKE halfe a glasse or lesse of the
juice of Barbaries when they bee
very ripe and red, and put into it as
much red Corall as will lye upon two
groats, well broken into powder, and
give the Patient to drinke thereof.

*Another perfect remedy for the same dis-
ease, and to make a man pisse within half
an houre, that hath not made water
in three or four dayes, and will
breake the stone within ten
or twelve dayes.*

TAKE fine powder of Virga aurea,
& put a spoonfull of it into a new
laid eg soft roasted, and give the Pa-
tient thereof in the morning to his
breakfast, and let him not eat in four
hours

and Gentlewomen.

houres after, and then he shall make water in lesse than halfe an houre, and let him use this for the space of ten or twelve dayes as aforesaid; the Patient shall void the stone without any paine or griefe.

*A remedy for the spetting of blood
occasioned by the breach of
some veine in the breast.*

TAKE Mice dung beaten in powder, as much as will lye upon a groat, and put it into halfe a glassefull of juyce of Plantane with a little sugar, and so give the patient to drink thereof in the morning and evening: continuing the same he shall be sound.

*Against the griefe of the lungs,
and spitting of blood, a remedy
experimented and tried.*

TAKE an herbe called Furfara, or
Tussilago at the Apothecaries,
Ungula Caballina, in English called
G s Colts

A Closet for Ladies

Colts foot ; in French, *Pat de lion* : incorporate it well with the lard of a hog chopped, and a new laid eg : boil all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

Take Rosemary leaves with the blossomes, if you can get them, and seeth them in white wine with a little myrre and Cinamon, and you shall find a marvellous effect if you use it often in your mouth,

Against the biting of a mad dog, and the rage of madnesse that follows the party bitten.

Take the blossomes or flowers of wilde thistles, dried in the shade, and beaten into powder, halfe a nut-shell full; put into white wine, and drinke it, and in choyce taking it you shall

and Gentlewomen.

shall be whole. A thing tryed and experimented.

A medicine for watry eyes.

Take a red cole leafe, and anoint the leafe with the white of an eg; when you go to bed lay the same to your eyes.

A medicine for sore eyes.

Take a little ground Ivy, and straine it and womans milke together, and let it be somewhat green of the Ivy, and then drop a drop or two into the eyes.

Another for the same.

Take Fennell water stilled, and hve Hony: mingle them together, and put a drop or two into the eye. These are approved.

A Closet for Ladies

*To make water for the eyes to kill
the heat of any sore.*

TAke red Sage, and boyle it in
Smith water till the third part be
consumed : then straine out the
Sage very hard, and put into it a
quantity of the liquor, a peniworth
of Allome, and as much of white
Coperas, after you have taken it
from the fire, and anoint your eyes
therewith.

Another for the same.

TAke the leaves of red Brambles, of
Plantane and Hony-suckles, boile
them all in running water from a
quart to a pint, and use it to the sore.

*A medicine for the pin and
web in the eye.*

TAke the white of an Egge being
hot, take out the yolke cleane, and
put

and Gentlewomen.

put thereto a good quantity of sugar-candy : then strain it hard thorow a cloth, and therewith make a water, and every day two or three times drop it into the eyes.

A Medicine to clear the sight.

TAke Red-rose water, clean myrrh as much as a nut : breake it into powder, and binde it in a linnen cloth, and let it lye in the water twelve hours: then take of this water, and put it in your eyes, and it will cleare your sight.

For a pearle in the eye.

TAke red Fennell, and the leaves and roots of white Daylies : use them without any liquor, and put together three spoonfulls of either of them : then take one good spoonfull of clarified Hony, and two or three spoonfulls of womans milk, and drop this into your eye three or foure times

A Closet for Ladies

times a day: and if there be any sight in the eye, this will cure it.

For the eyes that are blasted.

TAKE a toste made of brown bread and lay it in red wine that is not mingled, and let it lye untill it be soaked halfe an houre; then put it into a fine cloth in two peeces, for each eye one; the fine cloth must be between the eye and the toste. Dresse it when you goe to bed at night.

To purge the head and eye-sight.

TAKE the juice of Hey hoo, and put it into your nostrills, and the steame and running water will follow.

For the eyes that be red and sore.

TAKE Fennell, Vervin, Roses, Sallendine, and Rue, of each two ounces,

and Gentlewomen.

ounces, and distill all together : and when need is, then put a drop or two into the fore eye : for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

TAke the yolk of an egge roasted hard, and laid to with Rose cyl and Saffron : put in the juyce of Basill.

For to see well.

TAke Eye bright, red Fennell, of each halfe a handfull : of Rue a quarter of a handfull : cause these to be distilled, and wash your eyes dayly with the water.

For the aking of the leg.

TAke a peece of sowre leaven, and as much Barne, and as much blacke Sope : temper them all together, and so spread it upon a linnen cloth.

A Closet for Ladies

cloth, and put it to your legges where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet drinke for a Consumption.

TAke a gallon of running water measured by Ale measure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace, a dram and a half of Aſter roots, and boyle it till it come to three quartis: let this be your only drink till you doe amend.

A medicine for the head ache.

TAke a handfull of Rosemary, two handfulls of Betony, and a spoonfull of Hony: and seeth them all in Malmesie, and wash your head therewith.

Another

and Gentlewomen.

Another for the head ache.

TAKE five Nutmegs : grate them and seethe them in Malmſie till they be thicke: make a plaister thereof, and lay it to your temples.

For winde and shootings in your head.

TAKE Egremony and Cinamon : bray them , put them in Ale and lay it to the temples of the head; and if the paine remove, lay it where the paine removeth.

Another for the headache.

TAKE a handfull of Camomile, a handfull of Peniziall , a handfull of ſage , a handfull of Wheat bran : chop them all together ſmall ; boyle them in a pint of ſharpe Vinegar till they be thick , and thereof make a plaister, and lay it to the temples of the

A Closet for Ladies

the head as hot as you may suffer it & it shall (by Gods help) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it every night when you goe to bed: use this as often as you see good; proved.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, four ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A medicine for the Megrime in the head.

TAke Houfleeke & garden worms the greater part being Houfleeke stamp them together, and put thereto fine flower, and make a plaster on a fine cloth, and lay it to the fore head and temples.

Another

and Gentlewomen.

Another for the same.

TAke Mustard seed, and temper it with Vinegar: make an ointment thereof, and lay it to the Temples in a plaister and another in the nape of the necke behind where it is not sore, and it will avoid and shortly be whole.

*A medicine to keep up the pallas
of ones mouth.*

TAke a peece of wheaten leaven, and Commine seed beaten in a mortar, a quantity of Bay-salt, and Redrose vinegar, and Redrose water: put them in a bag of cloth, and lay it to the mould of the head.

To dry up the Rhume in the head.

TAke a quantity of dried rose leaves the flower of Camomile, Basil, Mar-

A Closet for Ladies

Marjoram, all dryed ; a quantity of Cloves and Mace, grosse bruised ; a Nutmeg, and a quantity of Dill seed, all quilt in a cap.

A Poultie to coole any place, either face or any where else, that is red and full of hot pimples.

TAke Housleek, Mallowes, Purseline, Water roses, called Numma: beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they bee thick like pap : then seeth it with a little Rose oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much brimston, beaten mirth, Frankincense, of each foure dram, of Rosewater a pound; put all these

and Gentlewomen.

these in a glasse, and set it in the Sun
ten daies, & then lay it on the places.

Another.

TAke the distilled water of Ash-
tree, Tamaredis oft eaten, wine of
strawberries laid upon the face.

Another.

TAke the distilled water of Mulline
and a little Camphire mixed to-
gether and laid to the face.

*A medicine for them that are
deaf, so that they have
heard before.*

TAke the juyce of Bittaine, womans
milke that hath a man child; min-
gle them together, and dip a peece of
blacke wooll in it, and put a peece of
it into your eare, for the space of ten
or eleven dayes or more: if it happen
that this will not take away the deaf-
nesse, then take the milke of a Cow,
and

A Closet for Ladies

and seeth it with Oatmeal and juyce of bettuny, and lay it plaisterwise over the ears, night and day for a long time.

To make an oyntment for a red face.

TAKE halfe an ounce of Camphire, two drams of Sulphur vivum, and an ounce of Deers suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAKE as much Mercury sublimat as a Bean, and twice as much Al-lome, and put them in a quart of fair water, and boyle them together with two or three corns of Bay salt; and wash your face therewith often.

and Gentlewomen.

day. with the same cold, and open the pimples with your fingers before you wash.

For a sore mouth.

TAKE a quart of white wine, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two peniworth of Mercury, half an ounce of Roch Allome, a quantity of Rosemary, a greater quantity of Woodbine-leaves, and three spoonfulls of Hony: seeth them together, and wash your mouth therewith.

A water for a Canker and sore mouth.

TAKE Rosemary croppes, Sage, Singfield, Woodbine leaves, Allome, live Hony, or pure Hony, boyled in Spring-water, half a handfull of each of the foresaid berbs boyled in three pints of water, till they have boyled a third part away, and keep it in a glasse stopp'd, and wash your mouth with it.

A Closet for Ladies

*For a Canker and sorenesse in
the mouth.*

TAKE two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the same Coperas be distilled or steeped two dayes and two nights: then strain the same softly thorow a linnen cloth, then take a spoonfull therof and wash your mouth and throat with it softly, blood-warme, but drinke none of it. This medicine will not continue good above fourteen dayes; therefore you must make it fresh as occasion serves: you must take it morning and evening.

*A medicine for the Mother that
rises in a womans side.*

TAKE Aqua-Composita, and beat Bay-berries in powder, and put it into thy Aqua-Composita, and put a spoone

and Gentle-women.

spoonfull or two in a draught of beer
or ale, and so drink it.

*A medicine for pricking of a needle
or thorn in the joint.*

TAKE fair boulted flower of wheat,
and temper it with white or red
wine, a little oyle olive, and a few
rose leaves ; seethe them together till
they be plaister thick, and lay it to
as hot as you can suffer : it will draw
forth the needle, and ease the ach.

*A medicine for a Canker that eateth
mans flesh.*

TAKE wheat bran of the smallest
powder, the juice of smallage, the
juice of woodbine, burnt allome beat
into powder, and a little hony ; min-
gle all these together, and make a
plaister of it, and lay it to the sore, and
it shall destroy the Canker.

A Closet for Ladies

For a bruise.

TAke virgin wax, and commine
seed well beaten; mix them to-
gether, and lay it to the sore
plaister-wife.

For a white scall.

TAke sallet oyle beaten with the
whites of eggs till they be thorow-
ly wrought together : cut away the
haire, and ~~for~~ anoint the head, and lay
a bladder upon it.

A medicine against all stiches.

TAke linseed, and boil it in new
milk : make a plaister thereof,
and lay it to the grieved place.

A medicine for a sore brest.

TAke Groundfill, and chop it
small, the grounds of small beer,
wheaten

and Gentle-women.

wheaten bran, and sheeps suet beaten in a mortar, boil them all together, and lay it plaister-wise to your brest.

A medicine for swelled brests.

TAke white wine, wheat-bran new bolted, Rose leaves old and new; see the them till they be thick; then lay it to the brest as hot as shee may suffer it, from even to morning, and shift it again.

To break the fleam of the brest.

TAke butter without salt, and hony, of each a quantity, faire bitter Almonds; blanch them, and beat them fine, and eat a little every day.

A very good medicine for the brest. Of

TAke frankincense, wax, Boares

A Closet for Ladies

of each of them a like quantity, and see the them together to a cake; spread it on a cloth as broad as the sore or pain is, and lay it to four and twenty houres, or twelve at the least.

An approved medicine for a sore brest.

TAKE an handfull of mallowes: see the them very soft in fair water, and then let the water run away from the mallowes: then chop or shred them; then put them in a dish with boars grease, and heat them very hot, and lay on a plaister of linnen cloth to your brest as hot as you can suffer, three or four times a day heating it. This hath been approved very good.

A remedy for the pains of the brest.

Take Rue, Rosemary, and sage,
and lay
and it will bee

Another

and Gentle women.

Another for the stopping of the brest.

TAke rue, and seethe it with alligant, and drink it three or foure times.

A medicine for the bloody flix.

TAke as much fine linnen cloth as will make a Suppository, being wrapped together button wise: then wet the same in the best *aqua vitæ*, or *aqua composita*, and let the party grieved convey the same into his fundament, and it will help him by the grace of God, within three or foure dressings. This is approved, and hath holpen many that have been brought low, and thought past cure.

*Doctor Smiths medicine for the
collick and stone.*

TAke posset-ale made of Rennish wine; boyle camomile, running time, parsliey, pellitory of the wall,
H 3 with

A Closet for Ladies

with a good spoonefull of Conmin-seeds, till the third part and more be consumed: then straine them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A medicine for the chinough, for a child.

TAke Boares grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a laske.

TAke halfe a quarter of a pound of Almonds, and parch th in upon two new tiles: beate them in a mortar, and take a quarter of faire water, and set it on the fire, and put in halfe a handfull of knot-grasse, and halfe a handfull of Plantane leaves, and let them see the a good while: then
take

and Gentle women.

take the water, and strain the foresaid almonds therewith, and make an almond milk thereof, and put in a piece of sugar: then take date-stones, and beat them to powder as small as may be, and put some of that powder into the almond milke: so drinke it lukewarme.

*An excellent Medicine for a childe that
cannot part with his water
or urine.*

TAke three or foure hive-Bees: kill them; then dry them upon hot slate: being thorow dry, bruise them to small powder; then put the powder into a quart of small Ale, and give the sicke to drink, and hee shall have present remedy.

*A medicine for the pain of swelling
in the stomack.*

TAke a good quantity of rosemary flowers:boil them in white wine,
H 4 and

A Closet for Ladies

and as hot as may be suffered, apply it to the stomak.

An approved medicine for the spleen.

TAKE a quart of claret wine, a pint of oyle of olive, two good handfulls of camomile being shred small: boyle the wine and camomile together from a quart to a pint, and anoint the hardnesse of the spleen morning and evening therewith, and it will dissolve.

A medicine for a felon or andcome.

TAKE rusty bacon, and colewort leaves, stamp them together; then take a piece of dogs leather prickt full of holes, and spread it upon the leather, laying it to the sore twice a day; and when it begins to heal, but once a day.

and Gentle-women.

A medicine for the itch of the body.

TAke sweet butter, unwrought wax, vinegar, brimstone, a little rose water, red cloves whole; boil them together till they be like a salve: then anoint the flesh three sundry nights by the fire therewith, and no more.

A medicine for the canker in the body.

TAke Bollarmonack, Roch-allome, and hony, then beat them to powder; take twice as much of the allome as of the Bollarmonack, and stir them together till they come to a salve, and so ancint the sore.

*A medicine for the heat or ach in the
body, or legs, or else-where.*

TAke red dock roots, and take out the over pith, and seethe them in running water, then draw the
water

A Closet for Ladies

water from them, and beat it with thick cream, and so anoint the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A medicine good to cleanse the body.

TAKE balm, and lay it in white wine till it be well steeped, and then distill it; the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning. Proved.

A medicine for a Fistula.

TAKE Vervine, and dry it upon a tile, and make powder thereof, and make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAKE Coriander seeds fine beaten in powder, and drink it with Mint water. To

and Gentle-women.

pint of oyle of Olives, and put there-
to an handfull of sage, and boil them
together till they be half consumed ;
then use it to the sore , and it will
dry it.

*A medicine for an ache that comes
against rain.*

TAke the hornes of a Stag ; cut
them in small pieces, and boile
them in water , till it be con-
sumed from a gallon to a quart: then
powre the water from the bones ,
and it will gelly when it is cold,
and therewith anoint the grieved
place against the fire evening and
morning.

A medicine for a burn or scald:

TAke mallows & smallage: see the
them in water ; when they bee
tender take them forth, and wring
out the water cleane : chop them
small, and set them on a chafingdish
of

A Closet for Ladies

of coals, and put to it a little sheeps suet, and make of it a salve, and lay it to the sore place thick, and lay a cloth upon it, and tie it on.

A salve for an old sore.

TAke the inner rinde of an Oke that is not very old, and burn it to a coale; then quench it, and make thereof a powder, and temper it with the yolk of an egge, and make thereof a salve.

To make a drink for a burning ague.

TAke a quart of running water, halfe a pint of vinegar, halfe a quarter of a pint of rose water, a quarter of a pound of sugar, and one stick of cinamon; boyl them all together, let it cool, and give it the sick to drink.

and Gentle women.

A medicine for the heat of the liver.

TAke wort of the first tap, drink it every morning next your heart for a moneth together, and it will help you.

*A medicine to make a young childe
goe to the stool.*

TAke May butter, and chafe the navill therewith against the fire : then take some black wooll that growes between a black sheeps legs, dip it in May butter, and dry it ; then lay it to the navill. It is good for an old man also that can take no inward medicine.

*An approved medicine for the navill,
when it comes out with crying.*

TAke wax which is used no other way but to take the hony from it, and when you have an occasion, melt
some

A Closet for Ladies

some of the wax in a sawcer, and dip black wooll in it ; lay it to the navel, and it will help it.

A medicine for the swelling of a childes cods.

TAKE red rose leaves, bray them, and boyle them in red wine an hour ; then wet a cloth in it, and lay it to the childes navell as hot as you can suffer it.

A medicine to stanch the flux.

TAKE a sawcer full of the juice of Milfoile, as much of the juice of Plantane, and wheat-flower ; temper the flower with the juice of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch bloud at the nose, or at a veine that is cut : proved.

TAKE feathers burned to powder, and lay it upon the veine that is cut,

and Gentle-women.

cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it shall stanch wheresoever it be. Proved.

For to help a drunken man or woman for ever.

GIve him a purgation; after that, give him a swallow to drink in powder for the space of twelve dayes, and for a moneths space give him every day foure almonds to eat, with four leaves of woodbine beaten: you must eat them in the morning next your heart. Proved.

For Scabs.

TAke snails, and prick them, and take the water that comes out of them, and anoint the scabs therewith; take vine leaves, & bind them to the scabs, and doe it every morning and evening,

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evening, and you shall be whole. Proved.

To dry seabs.

TAke gum arabeck, put it in rose water till it be consumed, and wash them therewith. Proved.

For the palse, or shaking in the hands.

TAke Sell and Eyfill, scethe them together, and wash thy hands therewith, and eat sage with mustard fasting.

To restore a man to nature that is in a consumption.

TAke the eldest cock you can get, scald him, draw him, and cut him all in pieces in a glasse pot, stop him as fast as you can, and put among these pieces cloves, mace, small raisins, and salt; then put this glasse into a great pot, and let all these scethe together till they be a gelly: then strain it into a clean vessell, and give

and Gentle-women.

give it to the sick first and last bloud-warm.

To restore the brain.

TAke powder of bittany, and use it in your pottage, it will restore the brain, and destroy the stone.

For a perilous Cough.

TAke Sage, Rue, and Commin, stamp them with pepper: see the them together with honey, and thereof make an electuary, and use thereof a spoonfull evening and morning, and by the help of God it shall doe you good.

*For them that cannot see, and
have red eyes.*

TAke white vinegar, and rub upon a whetstone in a faire bason, take as much salt as powder, and grinde them well together in a bason, and
temper

1 Closet for Ladies.

temper them with wine; and let it stand a day and a night, and put it in a viall of glasse: you must take the thinnest that standeth above in the bason, and put it in your glasse; and when the patient goeth to bed, take a feather, and wet therein, and anoint his eyes.

To anoint the face, and to make it white.

TAke fresh bacon grease, and the whites of eggs; stamp them together, and a little powder of bayes, and anoint your face therewith, and it will make it white.

For a fair face another way. Proved.

TAke Plantane and white vinegar, still them together, and wash your face therewith fifteen dayes, morning and evening; after this, drinke a draught of vinegar in the morning once in three dayes.

and Gentle-women.

To make the face white and faire.

TAke Rosemary, and boile it in white wine, and wash thy face therewith, and thou shalt be faire: then take Erigan, and stamp it, and take the juice thereof, and put it all together, and wash thy face therewith. Proved.

To help the face with red pimples.

TAke Bay-berries, and pluck off the husks, and make fine powder thereof, and temper it with honey: anoint your face therewith six times, and it will help you.

To draw broken bones out of the head.

TAke Betony, Vervine, and Rue, stampe them all together very small, and put thereto rie-meale or wheat, and the white of an egge, and make a plaister, and lay it to the head.

To

A Closet for Ladies.

To quench ones thirst.

TAke the roots of Lovage, wash it clean, stamp it, and temper it with water, drink a good draught of it five nights together, and drink not in two hours after it.

For one that speaks in his sleep.

TAke Southernwood, and temper it with wine, and let the diseased drink thereof in the morning, and when he goes to bed.

*For a woman that hath too much
of the flowers.*

TAke the foot of a Hare, burn it to powder, and drink thereof with red wine and cinamon first and last nine dayes, and it will help her.

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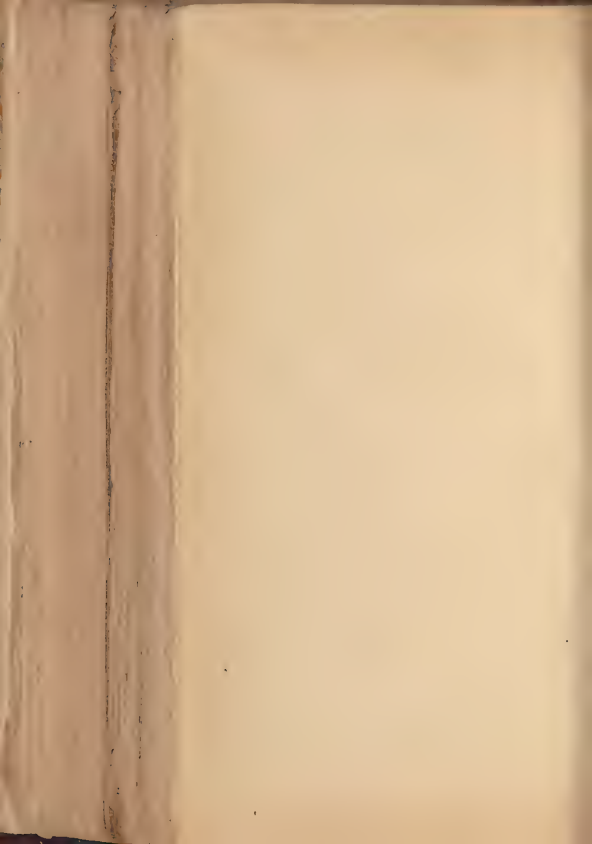


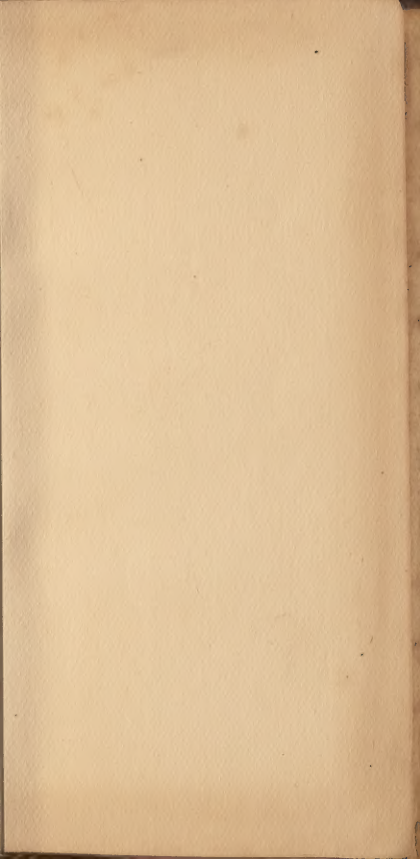
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